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Portugal's **National** Newspaper in English

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Roaming rip-off ends

New EU 'roaming' rules have taken effect this week, slashing the costs of using mobile phones abroad by at least 60 percent. (See Page 2)

Calls for a smoke free Europe by 2012

The European Commission has this week adopted a proposal for a Council recommendation calling on all Member States to bring in laws to protect their citizens from exposure to tobacco smoke by 2012. (See Page 4)

Former Maddie inspector accused of torture - again

Former PJ police inspector Gonçalo Amaral, who at one point lead investigations in the Madeleine McCann case, has once again been accused of torture - on this occasion, by the stepfather of a girl who went missing five years ago. (See Page 5)

'Wonky' fruit and vegetables back on sale

European Union rules governing the size and shape of many fruit and vegetables ceased to exist this week when specific marketing standards for 26 types of fruit and vegetables were repealed. (See Page 11)

Portugal bids for Ryder Cup

Portugal, along with five other nations, has this week been unveiled as being one of the European countries looking to host the 2018 Ryder Cup. (See Page 56)

Weekend weather

Lisbon: Cloudless skies and 30° plus temperatures are forecast for the capital with UV ratings hitting maximum levels across most of the country. **Faro:** The Algarve, second to the Alentejo, will be the hottest region in the country this week with blue skies dominating. **Oporto:** The North will be one of the more comfortable places to be this weekend, with temperatures expected to reach maximums of around 24 or 25 degrees Celsius, though nights will be warmer than they have been of late.

8 page weekly **PROPERTY** supplement



Focus on Watersports see pp 53 & 55 **FREE classifieds**



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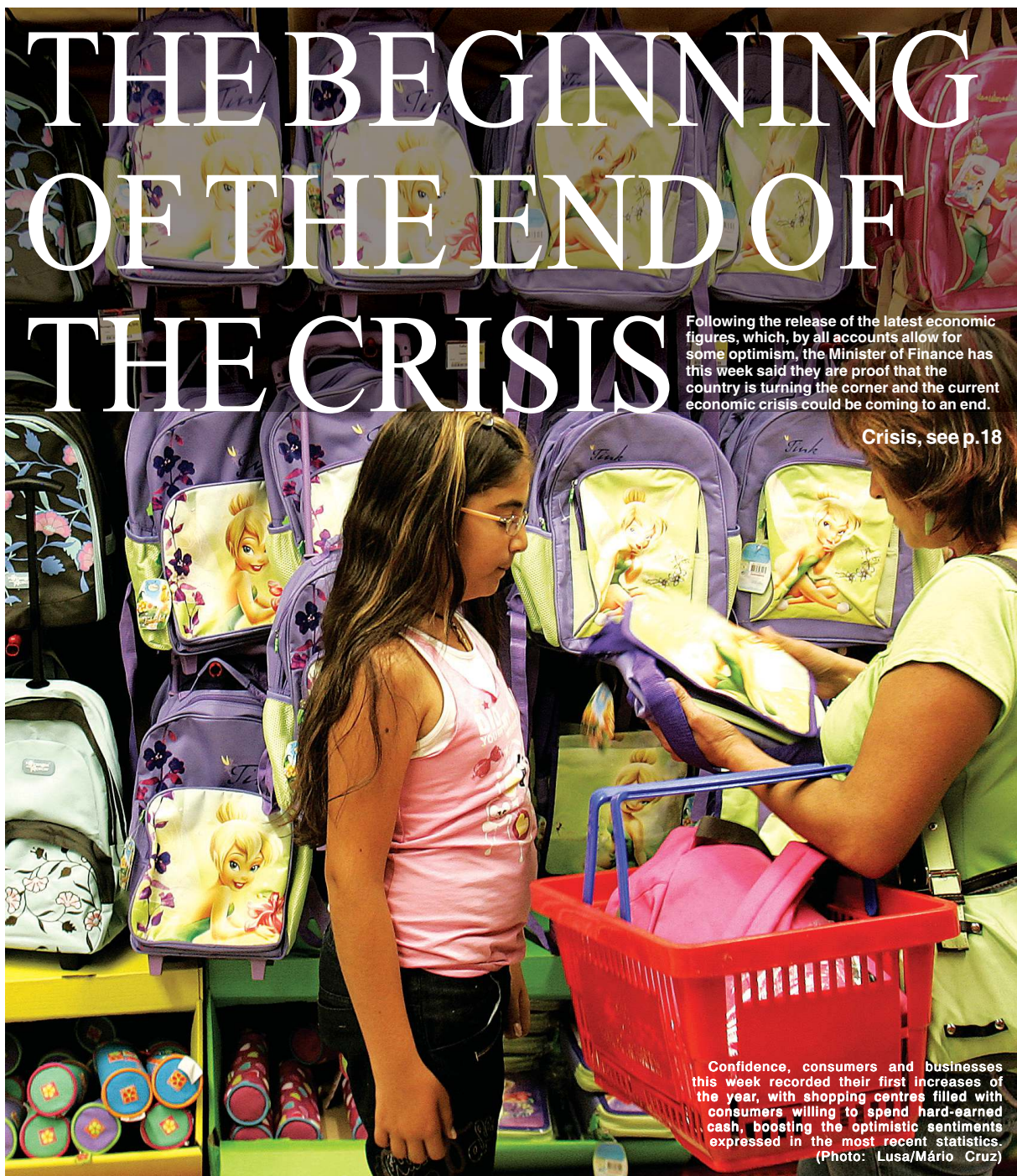


As consumer confidence and business confidence indexes improve, Finance Minister decrees:

THE BEGINNING OF THE END OF THE CRISIS

Following the release of the latest economic figures, which, by all accounts allow for some optimism, the Minister of Finance has this week said they are proof that the country is turning the corner and the current economic crisis could be coming to an end.

Crisis, see p.18



Confidence, consumers and businesses this week recorded their first increases of the year, with shopping centres filled with consumers willing to spend hard-earned cash, boosting the optimistic sentiments expressed in the most recent statistics. (Photo: Lusa/Mário Cruz)

THE PORTUGAL
News



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Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa

Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa

Tel: 707 500 655

Newsdesk: 707 500 655

Sales: 707 500 677

Classified: 707 500 646

Fax: Gen 707 941 201 • Sales: 707 942 053

Email: info@the-news.net • sales@the-news.net

Web: www.the-news.net

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Production Team

Publisher: Paul Luckman • publisher@the-news.net

Editor: Brendan de Beer • newsdesk@the-news.net

Production: Madeline Luckman • copy@the-news.net

Journalists: Carrie-Marie Bratley • Tommy Broad

Classifieds: Rebecca Andrade

Paws & Claws: Raquel Salbany

Preview: Raquel Salbany

Travel: Sherry Hughes

Photos: LUSA • Press Association • Portugal News

Sales Team

Sales Manager: Bella Talhadas • 914 393 736

Area Managers:

Lisbon, Estoril, Cascais, Sintra • Bella Talhadas

Alvor, Lagos, P. da Luz, Aljezur • Marilyn Holmes • 914 863 604

Guia, Almancil, Faro • 707 500 677

Loulé, Quinta do Lago, Vale do Lobo, Ayamonte

Tom Chapman • 912 583 188

Support

Accounts: Gaby Rodrigues

Subscriptions: Samantha Hoather

Subscriptions

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Key Algarve tourist areas demand better policing



The Mayors of Albufeira and Tavira have admitted they are concerned for the safety of their citizens during summer and have asked for increased policing on their beaches.

One of the Mayors' main concerns is that their municipalities have few available police officers as it is, and they fear crime will rise during summer.

A source from the GNR in that area has echoed the concerns and highlighted the lack of full-time police in the Quarteira region, in the municipality of Loulé. According to the unidentified source there are just 34 full time police officers in that municipality to ensure the safety of all its citizens. During summer, with the masses of visitors, Loulé's population increases almost 10-fold.

Albufeira Mayor Desidério Silva has demanded that the Minister for Internal Affairs reinforced policing "as a matter of urgency", and stressed the "need to strengthen policing during the summer months".

"We desperately need more full time officers. Prevention is necessary and the available officers are clearly insufficient to carry out policing that is both close to civilians and vigilant", he said, saying he wants to see more police units on the streets but has "difficulty in doing so".

Mayor Silva believes a "summer back-up" should already be available and more police officers are needed to walk the city streets so people can feel safer.

Macário Correia corroborated his counterpart's opinion and said the available full time officers are not enough to guarantee the safety of residents and visitors during the summer, when the Algarve population increases considerably.

"In general terms I share the same opinion as my colleague in Albufeira, in the sense that security forces have told us that they perceive difficulties with the hierarchy in Lisbon regarding summer reinforcements for this year", he explained.

In previous years Tavira Island, a popular destination for campers, has experienced scenes of disturbance when crowds of young people, large groups from Spain, flocked there to binge-drink on the beach in what the Spanish call a 'Botellón'.

Mayor Correia said "We hope there are no more of these situations on Faro Island. The fact is Spanish law clearly prohibits what is called a 'Botellón'. Portuguese legislation does not and the attempts I have made to broach the subject with the Minister of Internal Affairs have not been sufficiently convincing to solve the problem".



Algarve beach patrols began in 2007 carried out by police on bicycles. (Photo: Lusa / Luis Forra)

Discos up in arms over 'disloyal' beach bars

The National Discotheque Association (ADN) has accused beach bars that generally only function during the summer season of practicing "disloyal competition" by causing losses of 50 to 60 percent to bars that are open all year round.

Head of the ADN, Francisco Tadeu, even went as far as accusing some Town Hall authorities of "promoting" these "summer places" and discriminating against traditional discos which comply with all requirements regarding health and safety.

"There is disloyal competition practised by these establishments who set up on beaches, sponsored by local Town Halls", he said, indicating some businesses set up their trade outside normal workplaces.

Francisco Tadeu explained, "In a nutshell they are competing with venues that are open all year round operating for clients and promot-

ing the places in which they are located", adding that such venues comply with "all demands" concerning, for example, security guards, metal detectors, video-surveillance, and hygiene conditions.

He warned that these "summer places" could be difficult for fiscal officers to check, as they can open one day and close the next.

The ADN chief further accused such sites of counting on publicity from the press, "particularly gossip columns", and from product brands.

In response to these comments Luís Evaristo, owner of the popular summer haunt, Sasha Beach (in Portimão) which is a favourite hangout for national celebrities, stressed that his establishment "has been open all year round since 2006 and was a pioneer in the area of leisure and entertainment".

Last year in July Portimão Mayor Manuel da Luz refuted ac-

cusations from his opposition that he had in some way "benefitted" the "Sasha Bar", and guaranteed it had a legal contract for tourism promotion in that county.

In separate statements, political parties PSD and CDS-PP accused Portimão Town Hall of supporting Luís Evaristo in organizing summer parties for well-known individuals of the national Jet-set at Sasha Beach.

Mayor da Luz explained that the contract, signed in 2007, is valid for three years and allows for 25 parties to be held every year, between July 25th and August 18th, in a space that belongs to the municipality on Praia da Rocha beach, a few metres from Sasha bar.

Revenue up to €900,000 is to be divided 50-50 between the signatories of the contract, and from that amount municipal company Expoarade receives 80 percent.

Roaming rip-off ends

New EU 'roaming' rules took effect on 1 July, slashing the costs of using mobile phones abroad by at least 60 percent. Just in time for the summer holidays, the rules reduce the price telecom companies can charge European customers for using their mobile phones in another EU country - also known as roaming.

This is the first time the EU has imposed price limits on text messages and data services. The rules also lower the existing ceilings on mobile

roaming calls.

Sending a text from abroad in the EU will cost 11 euro cents maximum (or equivalent in national currency), less than half the previous average of 29 cents (far more than texters pay at home).

Receiving a text in another EU country remains free.

Charges for other roaming services - like sending an email or photo or surfing the Internet - were capped at the wholesale level. That is, the ceilings will apply to the rates one operator charges another.

The wholesale price cap is €1 per megabyte downloaded, compared with the previous average EU wholesale price of €1.68.

The cap will fall to 80 euro cents in 2010 and to 50 euro cents in 2011. All prices are per minute and exclude VAT.

Customers can choose a cut-off mechanism once the bill reaches €50, or can opt for a higher limit. This will protect people from "bill shocks" such as experienced by a German customer who downloaded a TV programme while in

France - and received a bill of €46,000.

Under the new rules, mobile operators must also bill their customers for roaming calls by the second after the first 30 seconds, instead of on a per minute basis. This is expected to cut phone bills by more than 20 percent.

The EU first capped cross-border mobile calls in 2007 after finding they were on average four times more expensive than domestic calls and that prices varied widely from country to country.

Water parks in check for summer

Licences issued by Portugal's Sports Institute have confirmed that there are currently 12 water parks in this country fully authorized to receive visitors.

And while there are five water parks in Leiria, the three that are operational in the Algarve attract 85 percent of all water park visitors.

A source from the Sports Institute told Lusa news agency "the average annual number of people visiting these establishments is approximately 700,000, 85 percent of whom correspond to entries into water parks in the Algarve".

Leiria has water parks in Marinha Grande, Nazaré, Peniche, Porto de Mós and Pombal.

The remaining venues are in

Amarante (Oporto district), Vagos (Aveiro), Figueira da Foz (Coimbra), and Elvas (Portalegre).

Since a new law was introduced in July 2007, the checking of water parks has been the responsibility of the ASAE health and safety authority.

To obtain or maintain licences, parks must offer an area of "one person for every five square metres of open-air or leisure spaces" or "one person per square metre of flat water, including all water tanks that comprise the equipment". All staff must be trained and qualified.

National airports losing thousands of passengers every month

Portugal's mainland airports, in Lisbon, Oporto and Faro, have suffered conjoint losses of around 120,000 passengers per month during the first five months of this year, or in other words, a drop of 6.2 percent in comparison to the same period, from January to May, of 2008.

This is according to figures from ANA - Airports of Portugal, the company responsible for the afore-mentioned national airports' management.

Reports from the Lusa news agency, based on ANA's data, conclude that during the first five months of this year, ANA processed 8.5 million passengers, 6.2 percent down on last year's 9.1 million in the first five months.

Broken down by airport, the biggest loss of passengers was experienced in Faro (Algarve), where there was a fall of 11.3 percent in comparison to January - May 2008, translated as a drop from 1.74 million to 1.45 million, or 197,000 fewer passengers.

Lisbon, Portugal's largest and busiest airport, also experienced a significant reduction in passenger figures, having fallen from 5.1 million passen-

gers in the first five months of 2008, to 4.9 million in the same period of this year; 265,000 less passengers.

Oporto's Francisco Sá Carneiro Airport registered a drop of 4.3 percent; a decline from 1.72 million passengers in January to May last year, to 1.65 million this year.

During the month of May alone there was a 7.2 percent drop in passenger figures this year in comparison to May 2008. In May, Faro Airport suffered a loss of 10.6 percent in passengers; Oporto dropped 6.4 percent and Lisbon 6.1 percent.

Even so, a spokesperson for ANA said Portugal national airport losses in passengers were "less unfavourable than those experienced in the majority of other European airports".

The source said "Traffic data from around 20 European airports from the month of May has already been published and some are suffering two digit losses, as can be seen from these examples: Madrid (-12.2 percent), London Gatwick (-10.4 percent), Oslo (-11.5 percent), Prague (-19.5 percent) or Stockholm (-12.6 percent)".

Holidays safe despite crisis

According to a recent survey carried out on 400 Portuguese by Marktest, on behalf of online reservation company Hotels.com, nearly 50 percent of those interviewed are resolute in having a holiday this year and say they will not change their plans because of the economic crisis.

The study was carried out between May 26th and 29th, and concluded that 49.2 percent of those questioned in the survey guaranteed they would not be changing their holiday plans because of the crisis.

This was an answer expressed by 75 percent of the over-65s, and 52.1 percent of those aged between 55 and 64.

Within the 35 to 44-year-old age group, 58.1 percent admitted

they may have to change their plans for financial reasons.

Region-wise, citizens from the south of Portugal were the most determined, with 64.7 percent stating the crisis would not affect their leisure-time.

In Northern Portugal the scenario was somewhat more dismal, with 60.8 percent of Portuguese saying the economic recession may hinder their vacation plans.



The largest water roller coaster in Europe, located at the Aquashow water park in Loulé. (Photo: Lusa / Luis Forra)

TAP continues to struggle with baggage delivery



According to the latest figures released by the Association of European Airlines on the baggage-delivery and punctuality performance of its members TAP Portugal continues to have problems when it comes to delivering passengers' baggage.

A total of 28 AEA member airlines contributed punctuality data, and baggage data, to the data collection which is unique in the aviation sector as a voluntary consumer information exercise for the period between last November and this March.

TAP were found to lose 17.3 bags per every thousand passengers ferried, placing them third from bottom, beating Air France and Iberia who were even worse.

The best for baggage delivery were Turkish Airlines (4.5 bags

per 1,000 passengers), followed by Air Malta (4.6 bags) and Virgin Atlantic Airways (4.0 bags).

In all three key areas of measurement - long and short haul punctuality and overall baggage delivery, the figures showed a significant improvement over the same period for 2007/8.

The number of missing bags was 13.0 per 1,000 passengers, compared to 15.5 the previous winter. AEA points out that, on average, 85 percent of delayed bags are delivered to the customer

within 48 hours.

A similarly improving trend in punctuality was also noted, with TAP coming in at ninth and tenth in the areas surveyed. It managed a 99.15 percent flight regularity figure, while it was placed tenth and ninth for on-time departures and on-time arrivals, respectively.

On short-haul operations, 83.2 percent of all flights departed within 15 minutes of schedule, compared with 79.6 percent a year earlier. On long

haul services the figure was 70.6 percent, up from 66.7 percent. As is usual, the number of flights cancelled was extremely low: 1.9 percent for short haul and 0.7 percent for long haul.

The improvements are clearly influenced by the business climate: during these five months the airlines covered by the Consumer Report carried six percent fewer passengers and operated nine percent fewer flights.

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President sets legislative elections for Sept 27



President Cavaco Silva during his speech to the country confirming his decision to hold elections on 27 September.
(Photo: Lusa / Luis Filipe Catarino)



President Aníbal Cavaco Silva has set Portugal's regularly scheduled legislative elections for September 27, nearly seven weeks after voters are to cast ballots in nationwide local polls.

President Cavaco Silva announced the parliamentary election date Saturday, the day after the Socialist government of Prime Minister José Sócrates set the date for the municipal polls.

The President said his choice of September 27 was due to the expressed preference of five of the country's six legislative parties.

Only the main opposition Social Democrats, the party once led by Cavaco Silva, had argued in favour of holding the two votes simultaneously, the President noted.

On Sunday, Sócrates expressed his "satisfaction" with the President's decision for separate dates, saying many voters had "different local and national (political) options" and needed space for separate campaigns.

The Portuguese last went to the polls on June 7 in European parliamentary elections that saw the governing Socialists trounced by the Social Democrats.

By law, the parties must be consulted before the President sets a date for legislative polls and the Government for local elections.

TPN/Lusa

Portuguese remain conservative

A survey carried out by Lisbon's Catholic University to assess the state of Portuguese moral values in comparison to those of 10 years ago, has concluded that citizens are now more individualistic, less racist, yet little has changed regarding what they think about sexuality.

An identical survey was carried out in 1999, on 2,975 people, the results being compared to those from this year's survey which was carried out by telephone with 937 people aged between 15 and 65.

It was discovered that the Portuguese are now more individualistic, and would not die for anything or anyone except their family.

Ten years ago results

showed eight in every ten participants in the study said it would make sense to die to save someone else's life.

Results further concluded that while there are currently less racial preconceptions, the nation being seemingly more tolerant of individuals that are homosexual or infected with the HIV/AIDS virus, however concerning sexual issues, little has changed.

When questioned about nudity on beaches, the majority of answers were evasive, as they were a decade ago, though having sexual relations with more than one partner or an extra-marital affair is still greatly frowned upon, with seven in ten participants answering they believe it is 'wrong'.

Calls for smoke free Europe by 2012

The European Commission has this week adopted a proposal for a Council recommendation calling on all Member States to bring in laws to protect their citizens from exposure to tobacco smoke by 2012.

Tobacco remains the greatest single cause of premature death and disease in the European Union. According to conservative estimates, 79,000 adults, including 19,000 non-smokers, died in the

EU-25 in 2002 due to exposure to tobacco smoke at home (72,000) and in their workplace (7,300).

EU Health Commissioner Androulla Vassiliou said: "It is

my firm belief that each and every European merits full protection from tobacco smoke. There is a wave of support from the general public and we will work with Member States to make this a

reality."

Currently, ten EU countries have comprehensive smoke-free laws in place, excluding Portugal, the EC explained in a press statement.

The UK and Ireland have the strictest smoke-free provisions with a complete ban on smoking in enclosed public places, on public transport and in workplaces.

A recent Eurobarometer poll suggests that popularity is mounting for smoke-free policies with 84 percent of Europeans supporting smoke-free offices and other indoor workplaces; 77 percent in favour of smoke-free restaurants, and 61 percent supporting smoke-free bars and pubs.

June 2008.

The same study was carried out simultaneously in 12 other European countries, at the request of the World Health Organization (WHO).

In two years' time new studies will be made to re-assess the situation. The results will be made public to determine whether or not Portugal is facing an epidemic.

A third of Portugal's children overweight

A National Study for Child Obesity has concluded that one in three children is overweight, with 13.9 percent of those being obese.

Nutritionist Ana Rito, one of the study's authors, said: "The fact that 30 percent of children are overweight confirms that Portugal has a very serious problem that has equally serious consequences

in terms of public health, because obese children could get diabetes or hypertension at an early age and also tend to become obese adults."

Carried out by the National Health Board, through the Platform Against Obesity, the study involved statistics from 3,847 primary schoolchildren from 185 schools throughout Portugal, gathered between January and

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60,000+ jobs lost in building sector

Sixty thousand jobs have been lost since the start of the current economic crisis, the National Association of Public Works Contractors (ANEOP) revealed this week.

ANEOP vice-chairman Manuel Agria explained that this increase in unemployment in the building sector is also related to the real estate market crash in Spain, where large numbers of Portuguese were employed, ballooning the number of jobless construction site workers here.

The Association represents the 37 largest building contractors in Portugal.

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Former Maddie inspector accused of torture - again



Former PJ police inspector Gonçalo Amaral, who at one point lead investigations in the Madeleine McCann case, has once again been accused of torture - on this occasion, by the stepfather of a girl who went missing five years ago.

Eight-year-old Joana Cipriano went missing from the village of Figueira, near Portimão, on September 12th 2004.

Her mother, Leonor Cipriano, and uncle, João Cipriano, who were believed to have been having an incestuous affair, were accused and found guilty of murdering the child and concealing her body.

Both Leonor and João Cipriano are currently serving a 16-year jail sentence, for the crimes of murder and hiding a body even though, to this day, no body has been found nor do police have solid evidence of what happened to the child.

This week, the Public Prosecu-

tor decided to accuse Gonçalo Amaral of "torturing" Leandro Silva, Leonor Cipriano's partner at the time of her daughter's disappearance. Leandro claims he was beaten while being questioned at Portimão police station.

In this latest revelation, Gonçalo Amaral is accused of grabbing Leandro Silva by the throat before punching him twice in the abdomen and twice in the face while demanding Leandro tell him where the child (Joana) was. Leandro Silva, who works in a scrap yard, maintains he was not able to work for five days following the beating.

This comes after courts ruled in May this year that Leonor

Cipriano had also been the victim of police aggression, though the culprits were not identified.

In October 2004, whilst being held in Odemira prison, pictures of Leonor Cipriano's beaten face were leaked to the press. She maintains she was beaten into making a confession during an interrogation session with PJ inspectors, which was the basis of her murder conviction.

Five PJ members were involved in the trial, including ex-inspector Amaral.

In May a Faro Court handed Gonçalo Amaral an 18-month suspended jail sentence after they ruled it had been proven that Leonor Cipriano had been hit by PJ detectives, despite not being able to determine the actual culprits.



Former PJ police inspector Gonçalo Amaral after the reading of the sentence at the Faro courthouse on May 22nd in the case of the alleged brutality towards Leonor Cipriano. (Photo: Lusa/Virgílio Rodrigues)

New laws suggest confinement for juvenile delinquents

In an attempt to curb what seems to be a recent surge in crimes being carried out by minors, a law proposal is being drawn up by a group specifically-created by the Government to study the phenomenon of juvenile delinquency amongst children aged between 12 and 16.

Included in the law change is a proposal that children aged 12 or over can be 'jailed' for committing delinquent crimes of a serious nature, otherwise punishable with a prison sentence if committed by an adult, the suggested confinement periods lasting between three and five years.

The circumstances in which

this most serious punishment is applicable are also being defined.

At present it can only be applied in situations where crimes would generally be punishable with a five-year prison term and for children aged over 14.

The law proposal will be submitted in September and is being drawn up by the Government-created group which is made up of lawyers, child protection representatives, prosecutors and judges, amongst others.

The group is also studying the situation where victims of child delinquency acts could, should the law be changed, claim compensation.

New alert system only for 'life or death' kidnappings



A new alert system that was created to be used in the event of a child's abduction and which was introduced this week is only to be activated in the event of a 'life or death' situation, a chief police figure has confirmed.

The kidnap-alert system will only be activated in "very exceptional cases, in which there are signs that the child's life is at risk", Pedro Carmo, deputy National Director of the PJ police said earlier this week. The new system will exclude cases of a child being kidnapped by a parent.

In 2008, of 716 cases in which a minor was reported missing, only three remain unaccounted for.

A protocol for the new practice was signed this week prior to its introduction. It is described as "an exceptional system" based on the "rapid release of a message that will place all authorities, in

fact the whole country, on a permanent state of alert and is a serious procedure, taking into account that many cases of missing children are in fact, often, voluntary acts".

Pedro Carmona continued to explain "authorities now have the power to concentrate on situations that translate as a threat to the life of a child".

The practice is similar to that which is operational in France and consists of alerts being transmitted on televisions, radio, the printed press, via ATM machines, over the Internet, on electronic panels on motorways, and in train and bus stations every 15

minutes for a three-hour period.

"The experience of international systems proves that during those three hours these alerts can bring results", Pedro Carmona said.

Descriptions of what the child is wearing, as well as up-to-date photographs will be broadcast along with other information relevant to the child's kidnapping, such as the place, date and time.

The messages will also contain "a phrase that encourages the public not to take it upon themselves to free the victim or detain the suspect, but to make themselves available for witness statements, through the designated

channels".

Last year 716 reports of missing children were made, the majority of which related to teenagers. During the first six months of this year more than 400 disappearances were reported, a large number corresponding to children running away from temporary homes and institutions.

In 2008 PJ police also detained a minor who had been reported as missing some 17 times.

At present, in Portugal there are three under-12's who are still officially missing, including Madeleine McCann and another three-year-old who also disappeared from the same area.

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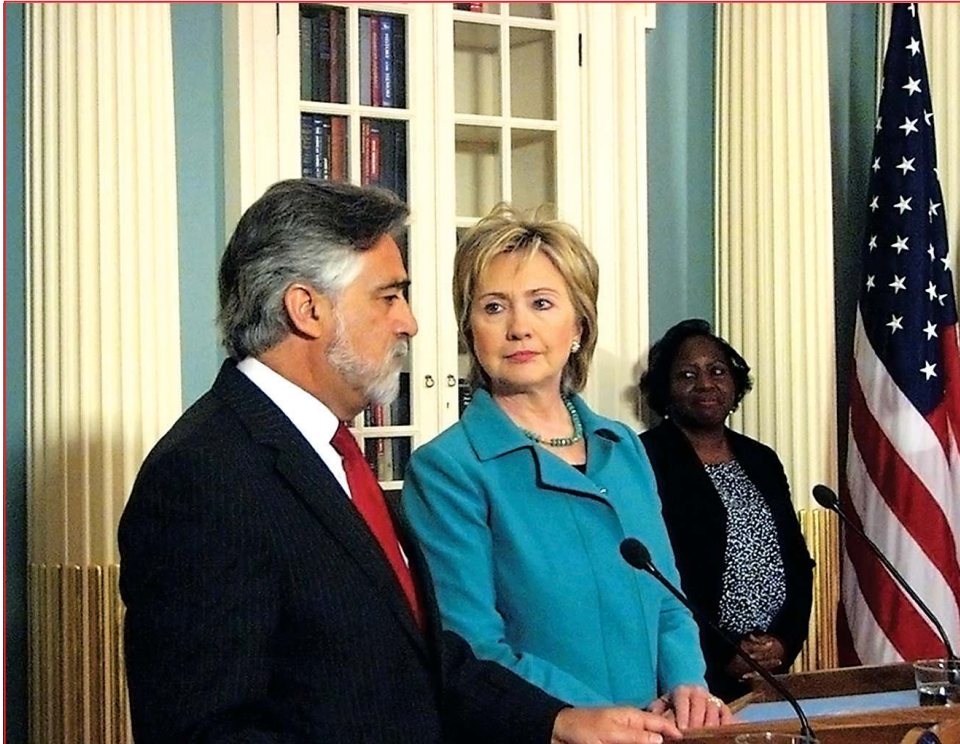
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Ministries discussing details of acceptance of US Guantanamo prisoners



"Technical meetings" are underway at Portugal's Foreign and Internal Administration Ministries ahead of Lisbon accepting "two or three" prisoners from the US terrorist-suspect prison at Guantanamo, according to Foreign Minister Luís Amado.



Foreign Minister Luís Amado during his meeting with US Secretary of State Hillary Clinton in Washington on 5 June. (Photo: João Santa Rita)

"Technical meetings are taking place at the level of the Foreign Ministry and the Internal Administration Ministry" to analyze the "various situations that merit our attention in this phase", Amado told journalists last Thursday night.

He said the issues under consideration revolved around "the status" of the prisoners to be received, "third states" and security concerns.

"At the proper time" the administration would make public its decisions, Amado said, declining to comment on whether the Government would meet with attorneys for eight candidate prisoners - Syrians and Libyans

- who arrived in Lisbon Wednesday.

"I won't talk about this", the Foreign Minister said.

He reaffirmed that Portugal would receive "two or three ex-detainees from Guantanamo", adding that Washington had already provided Lisbon with the "curriculums" of the prisoners it would like Portugal to consider.

Lisbon was an early promoter of the idea that the European Union should aid the United States closure of the controversial Guantanamo prison by accepting released detainees, an initiative that was recently included in a joint trans-Atlantic declaration.

TPN/Lusa

Portugal facing legal action over consumers' rights infringements



The European Commission has sent a letter of formal notice to Portugal for inadequate transposition of Directive 1999/44/EC on certain aspects of the sale of consumer goods and associated guarantees into their national law, since it has concerns that their national laws may not be sufficient to implement the Directive.

The Directive grants European consumers certain legal safeguards after a contract has been concluded with a seller for the purchase of consumer goods.

Where a defect appears in a purchased item during the first two years of delivery, the seller is held liable and the consumer is entitled to obtain repair or replacement.

Under certain conditions the consumer may instead obtain an appropriate reduction in price or opt for rescission of the contract.

Moreover, the Directive regulates certain questions in relation to voluntary or commercial guarantees, which sellers or producers may choose to offer consumers in addition to the legal safeguards provided by the Directive.

The Commission considers that Portugal and eight other infringing Member States may have failed in their transposing national laws to sufficiently protect consumers' legal rights.

Preventing fresh terror



The EU has launched fresh calls for preventive action against the growing risk of terrorist attacks using chemical, biological and nuclear weapons.

So far, the vast majority of terrorist attacks around the world have employed explosives and guns. But recent intelligence suggests terrorist groups aspire to use new weapons capable of causing much greater harm.

The Commission has introduced plans to tighten security around such materials and to step up preparedness in the event of an attack.

The threat has grown alongside advances in weapons technology and increases in the use of chemical, biological and nuclear materials for legitimate purposes.

"Although Europe has fortunately not seen a large-scale attack using these materials, the seriousness of the potential consequences for our societies is such that we cannot be complacent," said justice commissioner Jacques Barrot.

Based on the recommendations of an EU-commissioned task force of experts, the new three-year plan lists more than 130 measures to prevent dangerous materials from falling into the wrong hands and to be prepared if they do.

In particular, the plan calls for improvements in detection systems across Europe and new tools to save lives and limit damage in the event of an attack or incident.

The EU plan is designed to support national governments, who bear the main responsibility for security. The Commission proposes to use €100m in existing funds to pay for its implementation over the 2010-2013 period.

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Lisbon lauds Bissau voters for peaceful polls

Portugal's Government has congratulated the people of Guinea-Bissau Monday for the calm manner in which they voted in Sunday's presidential elections.

A statement from the Lisbon Foreign Ministry praised Guineans for the "calm and civil" way they expressed their presidential preferences in the ballot.

Portugal adds its voice to praise from EU and CPLP election monitors, added the communiqué, who have highlighted the sound organisation

of the polls by the Bissau authorities.

"While the results of the polls are awaited the Portuguese Government expresses its wish these elections be another step towards stabilisation and reconciliation in Guinea," the official Lisbon statement concluded.

TPN/Lusa

Chinese President to pay two-day visit to Lisbon

Chinese President Hu Jintao, leading a 200-strong government and business delegation, will visit Portugal between July 10-11, Belém Palace said.

President Aníbal Cavaco Silva's office said Hu would hold meetings with all senior Portuguese officials, including Parliament Speaker Jaime Gama and Prime Minister José Sócrates.

The two heads of state would also participate in a bilateral business seminar attended by some 200 Chinese business leaders, the presidential palace said in a press release.

"Portugal and China established a global strategic partner-

ship in 2005 that has allowed the two countries to advance with mutually beneficially cooperation in increasingly broad areas", the presidency said.

Hu's two-day visit is the first to Portugal by a Chinese President in nearly one decade.

It takes place as the two countries mark the 30th anniversary of bilateral diplomatic relations and the 10th anniversary of Lisbon's hand-back of Macao to Beijing's administration.

TPN/Lusa

Prince Edward completes whirlwind Algarve visit

Visiting the Algarve in the official capacity of representing the Duke of Edinburgh charity, HRH Prince Edward, the Earl of Essex, spent last weekend in Vilamoura where he was invited on a tour of the São Lourenço International School as well as inaugurating the luxury 'The Residences' development, rounding off a busy Saturday with a gala dinner at the recently-opened, five-star Tivoli Victoria Hotel in the company of fellow guests of honour the British Ambassador to Portugal, Alexander Ellis and Sky News' Eamonn Holmes.

To the eye, security surrounding the Prince's visit was seemingly minimal, despite arriving at São Lourenço School in a convoy of three high-end vehicles.

Prince Edward was received by an excited gathering of around 40 students and parents, who waited by the school gates in the hope of a quick chat with the Royal. And they were not disappointed. Within seconds of his arrival, shortly after 11h00 and greeting fellow dignitaries, Prince Edward walked over to the gathering to greet and question pupils on their favourite subjects and activities.

The Prince's visit was organised to acknowledge 23 students for their involvement in the Duke of Edinburgh Award programme that is embraced by the school and which promotes the personal development of young people. This is based on volunteer work, physical activities, developing personal and practical skills and completing an expedition, with the aim of contributing to helping others in the community.

HRH was joined at the school by his Portuguese counterpart the Duke of Bragança, who represents the Duke of Edinburgh Award in Portugal, where it goes by the title of 'Prémio Infante D. Henrique'. Also joining in the ceremonial procedures was Loulé Mayor Seruca Emídio.

Both royals and the municipal executive were given a tour of the school grounds by Constantino Jordan, son of 'The Residences' developer André Jordan, who sits on São Lourenço's Board of Directors.

For the dignitaries' visit students put on living displays of activities covered by the Duke of Edinburgh Award / Prémio Infante D. Henrique and which included life-guarding a swimming pool and cooking on a campfire.

After a quick tour of the grounds the Royal representa-

tives helped to hand out 23 awards to students on the Award programme, along with a special award of recognition which was given to teacher Linda Wright, who coordinates Award-sponsored projects within São Lourenço.

Opening the presentation ceremony, Constantino Jordan briefed those present about São Lourenço's upcoming move to new premises.

"Don't judge our school by this humble building", he said.

During his speech, addressing Prince Edward, Loulé Mayor Seruca Emídio said "the people of Loulé thank Prince Edward for his visit", and concluded by describing São Lourenço as an "example of excellence" for the municipality.

After his school visit, HRH attended an official inauguration ceremony of 'The Residences' resort, in Vilamoura, where he received the keys to one of the two or three-bedroom apartments – a donation to the Duke of Edinburgh's charity.

'The Residences', a project conceived by the André Jordan Development Group, overlooks the Victoria Golf course where the Duke of Edinburgh Cup Qualifier charity golf event was taking place at the time of the inauguration.

Last week, HRH Prince Edward received critical media attention when it emerged his trip to the Algarve was being entirely footed by Mr. Jordan, who reportedly shelled out an estimated €26,000 for private flights as well as anything up to €3,000 per night for a suite at the stunning new Tivoli Victoria Hotel, where the Duke of Edinburgh Cup gala dinner was held on Saturday evening. Reports likened his visit to that of a paid publicity stunt more than that of an official representation.

Created in 2001 the Duke of Edinburgh Cup – International



Prince Edward chats to pupils and parents of the São Lourenço International School last Saturday, June 27th.

Golf for Youth has so far raised more than €2.5 million; substantial funds to help young people from around the world lead better lives. This year the charity hopes to raise closer to €3 million.

Participation fees and donations from Duke of Edinburgh Cup events that are held around the world are distributed amongst respected and successful national and international organizations that dedicate their work to helping underprivileged young people from all walks of life.

Popular Sky News presenter Eamonn Holmes was guest speaker at the gala dinner and announced the qualifying event winners, the top two of whom are invited to attend the World Final in England.

Eamonn Holmes launched into his presentation by jokingly presenting himself in his unique manner: "To the Portuguese who may not know who I am, I'm Britain's equivalent of George Clooney. To all the others, I know what you are thinking – yes, I really am better looking in person", he quipped.

His characteristic humour continued throughout the presentation, at one point telling the winner of the event, who will be travelling to Windsor as part of the top prize, "I've been told Edward's mum has a gaf down there – you can see it when you fly in".

The world-famous journalist's participation at the gala was warmly welcomed to lighten an otherwise hugely formal event, which was held in Portugal for the ninth time.

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Green light for universal mobile phone chargers



EC Vice-president and Commissioner for Enterprise and Industry, German, Guenter Verheugen attends a joint meeting of Sejm EU and Foreign Affairs Committees in Warsaw on 8 May. (Photo: EPA/Pawel Kula)



Incompatibility of chargers for mobile phones is a major inconvenience for users and also leads to unnecessary waste.

Therefore, the Commission has requested the industry to come forward with a voluntary commitment to solve this problem so as to avoid legislation. As a result major producers of mobile phones have agreed to harmonise chargers in the EU.

In a Memorandum of Understanding (MoU), which was submitted to the Commission this week, the industry commits to provide charger compatibility on the basis of the Micro-USB connector.

In addition new EU standards to ensure continued safe charger use will be developed to facilitate the implementation of the MoU. The first generation of new interchargeable mobile phones should reach the EU market from 2010 onwards.

Vice-President Günter Verheugen, responsible for enterprise and industrial policy, said: "I am very pleased that the industry has found an agreement, which will make life much simpler for consumers. They will be able to charge mobile phones anywhere from the new common charger. This also means considerably less electronic waste, because people will no longer have to throw away chargers when buying new phones. I am also very pleased that this solution was found on the basis of self-regulation. As a result, the Commission does not consider it necessary to introduce legislation."

Currently, there is a plethora

of chargers for mobile phones in the EU. Many of them can only charge a particular mobile phone. Almost every household has a collection of chargers that have become superfluous over time. Old chargers currently generate several thousands of tons of waste a year.

In intensive and constructive negotiations with the European Commission, the producers of mobile phones have agreed to settle the problem.

In a Memorandum of Understanding (MoU) handed to the Commission, the industry has taken a self-commitment to ensure the compatibility of new data-enabled mobile phones on the basis of the Micro-USB connector as the interface to provide charging support. It is expected to enable good charging capability. The EU expects that the first generation of new inter-chargeable mobile phones will reach the EU market from 2010 onwards.

The following companies have signed the MoU: Apple, LG, Motorola, NEC, Nokia, Qualcomm, Research in Motion (RIM), Samsung, Sony Ericsson, Texas Instruments.

The Commission welcomes that the MoU will not preclude innovation in the fast moving mobile phone market by fixing a certain technology forever. Therefore, when the time comes, the MoU will adapt to future charging technologies.

Have we beaten the banking blues?

In the US, confidence that the credit crisis is easing increased after the Treasury announced on 9th June that 10 banks were in a position to pay back bail-out support received under the \$700 billion Troubled Asset Relief Programme (TARP).

The banks will repay a combined \$68 billion, which is much more than expected. The Treasury had previously conservatively calculated that \$25 billion would be repaid this year.

In the UK, Lloyds Banking Group has repaid £2.3 billion (\$3.7bn) to the UK Treasury, though in its *Financial Stability Report*, published on 26th June, the Bank of England did warn that although Britain's financial system is more stable than it was six months ago, it remains vulnerable to shocks.

Here in the Eurozone, the European Central Bank (ECB) has warned that banks face additional writedowns of over \$283 billion by the end of 2010.

In its *Financial Stability Review*, published on 15th June, it said that: "Policy-makers and market participants will have to be especially alert in the period ahead. The credit cycle has not yet reached a trough. The deterioration in the macro-financial environment has continued to test the shock-absorption capacity of the Euro-area financial system. Prospects for a significant turnaround in the short term are not promising".

The risks to the stability of the financial sector remained high and "uncertainty prevails over how well the banking system would be able to absorb any further shocks".

The potential risks include renewed loss of confidence in the financial strength of large banks; larger than expected further falls in US property prices; becoming too reliant on emergency liquidity and a worse than expected economic downturn in the Euro area.

It is estimated that Eurozone bank losses will reach \$649 billion by late 2010. \$218 billion relates to securities, which have

largely already been written down, and \$431 billion to loans, of which just \$150 billion has been written down so far.

BNP Paribas currency chief, Hans Redeker, lamented that European banks had not taken the opportunity to rebuild their capital reserves during the credit thaw. "US banks have raised \$85 billion since the stress tests, while Europe's banks have raised just \$7.5 billion. This is going to go pear shaped in coming months as people lose confidence in the whole crisis management of Europe".

The ECB was confident that the largest banks could survive any further economic deterioration. "Most [large banks] appear to be sufficiently well capitalised to withstand severe but plausible downside scenarios". It did, however, warn banks that "there is no room for complacency".

The International Monetary Fund (IMF) has also called on the European authorities to clean up their banks. In an April report it forecast that writedowns for this year and next would be \$750 billion. From this May to end 2010 they would be \$540 billion – almost double the ECB calculations.

While there is increasing optimism that the US and UK economies will recover sooner than expected, and that financial systems are getting stronger, the risks of a bank collapsing have not completely gone away.

In the UK, for example, financial services research firm TowerGroup warned that five building societies could fail on the lines of Dunfermline Building Society within a year or so, while 15 others could be forced to merge.

Should a bank fail, the UK, Europe, Isle of Man and Guernsey have depositor compensa-

tion schemes in place to refund savers, up to a limit. Jersey is debating its proposed scheme on 14th July.

Guernsey's scheme came too late for those with savings in Landsbanki which collapsed last October. Savers have so far received 30p in the pound of their money back. They should get a further payout of 15p to 25p in the pound in August. The expected eventual payout is between 68p to 89p in the pound.

Savers with Kaupthing Isle of Man which also failed in October have had to endure a long complicated procedure to find out when and how they will receive their money back – in spite of the Isle of Man having a depositors' compensation scheme. They each received advance payments

of £10,000 and should start to receive compensation payments from August. Those with savings above the £50,000 limit are expected to receive around 80% of their money back.

If you would like your life savings to have higher investor protection than that which can be offered by a bank, speak to an experienced and regulated financial advisory firm like Blevins Franks Financial Management to find out what options are available to you.

Bill Blevins, Financial Correspondent

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Cape Verde signs credit accords worth €500m with Portugal

Portugal and Cape Verde on Monday formalised credit accords worth a total €500 million to finance housing, docks and renewable energy projects in the West African Atlantic archipelago, officials said.

Under one pact Lisbon will create a €200 million credit line to fund housing projects in Cape Verde involving Portuguese construction companies. Another deal has been inked for Portuguese state-owned bank CGD to increase a €100 million credit facility, intended to fund harbour infrastructure schemes, to

€200 million.

The other accord formalized by Praia and Lisbon's finance ministers at a meeting of their CPLP Lusophone counterparts is for Portugal's BPI bank to grant loan facilities for renewable energy and water-supply projects in the islands.

TPN/Lusa

EC requests Portugal to modify farming scheme

The European Commission has formally requested that Portugal change its law since it is of the opinion that Portugal does not apply a flat rate scheme for farmers consistent with the objectives of the scheme which is laid down in the VAT Directive.

As a result farmers opting for the flat rate scheme may face financial disadvantages. The request takes the form of a Reasoned Opinion (second step of the infringement procedure provided for in article 226 of the

EC Treaty).

If the relevant national legislation is not amended in order to comply with the respective Reasoned Opinion, the Commission may decide to refer the matter to the European Court of Justice.

Taxman reimbursed €1.44 billion

The Internal Revenue Service this week revealed that it has reimbursed claims totalling 1.445 billion euros on tax declarations for the 2008 fiscal year.

According to a statement posted by the Finance Ministry, it paid this amount in a little over two months, with the operation having been initiated on April 17th.

Taxpayers who filed their dec-

larations via the Internet received their reimbursements much faster, and with most paid out, the Government has managed make these payments well within the legal limit, which is set at September 30th.

Former BCP bank execs charged with fraud



Five former board member of Portugal's biggest private bank, Millennium bcp, have been charged on a range of corruption charges. The five, including two CEOs, have been bailed for a total €7.5 million and are forbidden from leaving Portugal, officials said.

State prosecutors jointly accused former BCP chief executives Jorge Jardim Gonçalves and Filipe Pinhal, along with ex-board members Antonio Henriques, Christopher de Beck and Antonio Rodrigues, of "market manipulation, forging documents and serious fraud."

The Lisbon Public Ministry

said the high bail imposed on the suspects was "appropriate, necessary and proportional to that the severity of the crimes". Portuguese media have reported the five accused are charged with using Cayman Islands offshore institutions between 1997 and 2007 to manipulate BCP's share price.

TPN/Lusa

Portugal told to speed up directory enquiries

Portugal must speed up delivery of comprehensive telephone directory and directory enquiry services, as required by EU telecoms rules, says the European Commission.

In March 2009, the European Court of Justice (ECJ) called on Portugal to ensure that Portuguese consumers could rely on directory and directory enquiry services including the data of all telephone users that want to be listed.

Last week, the Commission decided to send a letter of formal notice to Portugal asking it to comply with the judgement. Otherwise, Portugal could be fined if the case proceeds to the ECJ again.

"Comprehensive directory and directory enquiry services are available in most EU Member States and I see no reason why Portuguese consumers should not be fully benefiting from these essential rights, as do the citizens of other EU Member States," said EU Telecoms Commissioner Viviane Reding.

"As guardian of the EU Treaties, the Commission has to pursue these proceedings against Portugal to ensure that the European Court of Justice judgement is respected. Directory and directory enquiry services are an essential consumer tool for accessing telephone services and should be available to all EU consumers."



Former BCP chief Executive Jorge Jardim Gonçalves pictured during a parliamentary enquiry on 13th May 2008. (Photo: Lusa / Inácio Rosa)

Early signs of improvement in EU economy

The Euro-area economy is still deep in recession territory, but the EU's strong and coordinated policy response is providing tangible support to economic activity. Sentiment indicators and financial markets have started to send some tentative signs of improvement, the Quarterly Report on the Euro area shows.

The QREA provides a preliminary assessment of the effectiveness of banking support measures implemented by Member States and discusses challenges ahead, particularly in terms of debt sustainability.

Most financial markets are showing encouraging signs of stabilization although conditions remain fragile. Spreads on money and bond markets have narrowed on the back of improved economic sentiment and lower risk aversion. Financing conditions in the Euro-area have also improved as the cost of bank loans, equity capital and market debt have all declined.

However, money and credit growth have slowed further in recent months, mainly reflecting very weak economic activity but also some supply constraints. Euro-area GDP dropped by 2.5% in the first quarter of 2009, according to Eurostat's figures for 3 June, driven mostly by an inventory adjustment and a continued sharp fall in investment.

On the positive side, the fall in private consumption was contained by the deceleration of consumer price inflation and comparatively supportive developments in nominal disposable income.

The economic and financial crisis is also likely to result in lower growth potential in the years ahead due to lower employment and productivity levels, and research and development, and capital investment are likely to decrease or stagnate.

Euro-area potential growth averaged 1.8% in the period 2000-2006 but is estimated to have fallen to 1.3% in 2008 and to be only 0.7% this year and next.

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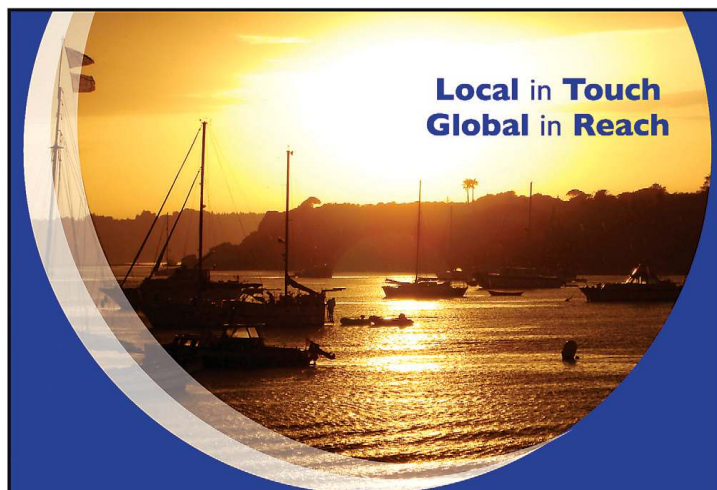
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Do You Feel Lucky, Hugo?



A hand out picture provided by the Venezuelan presidency shows ousted Honduran President Manuel Zelaya with the Presidents of Venezuela, Hugo Chavez (2-R), Ecuador, Rafael Correa (R), and his host from Nicaragua, Daniel Ortega (C) as they attend a joint press conference at the extraordinary meeting of the Bolivarian Alliance for the People of Our America (ALBA) in Managua, Nicaragua, 28 June 2009. (Photo: EPA/Venezuelan Presidency)

Venezuela's president, Hugo Chavez, has declared that any attack on his country's embassy in Honduras will lead to war between the two nations, and I can't help wishing that the Hondurans would call his bluff. The Venezuelan blowhard is getting tiresome.

In the first of the "Dirty Harry" movies, thirty years ago, Clint Eastwood achieved immortality with a single line. Pointing a very large pistol at an evil-doer (as George W. Bush might have put it), he addresses the miscreant, who is thinking about reaching for his own gun, as follows: "You've got to ask yourself a question: Do I feel lucky? Well, do ya, punk?"

Hugo Chavez is more a well-meaning idiot than an evil-doer, but the question is the same: will he really go for his gun? The answer is no. He's not a complete idiot, and his threats to attack other Latin American countries whose behaviour offends him (the most recent was Colombia, last year) always fade away after a while.

What provoked Chavez's threat was the removal of the president of Honduras, Manuel Zelaya, who had become Chavez's close ally. Zelaya was arrested by the Honduran military, bundled into a plane and flown to Costa Rica on 28 June.

Elected to a single term as president in 2006, Zelaya astonished friend and foe alike by turning out to be not the centre-right, business-friendly politician he had seemed. Instead, he began moving steadily to the left in his domestic policies, and linked Honduras diplomatically with the other socialist governments in Latin America.

There is no doubt that he caused deep annoyance to the conservative elite who have traditionally dominated Honduran affairs, but they made no move to overthrow him. Why bother? The constitution limits Honduran presidents to one four-year term in office, and Zelaya's term comes to an end next January.

No other leftist candidate was likely to win the presidential election that is due in November: recent opinion polls suggested that Zelaya's support nationally is down to around 30 percent. Even Zelaya's own party was unlikely to nominate another leftist as his successor, and many of its members no longer supported him. So all the major political forces were content to wait for the clock to run out on him—until he started trying to change the constitution.

Zelaya's bright idea was to end the one-term limit so he could run for president again himself. It's exactly the same tactic that Chavez has used in Venezuela to prolong his rule indefinitely (he now talks about being in power until 2030), and Zelaya believed, rightly or wrongly, that he could make it work for him in Honduras. So he set about organising a referendum on the subject. It was scheduled for last Sunday.

Alas, the president of Honduras does not have the right to organise a referendum all by himself, and the country's Supreme Court ordered him to stop. Congress also condemned the manoeuvre, but Zelaya plowed ahead regardless. When the army, obedient to the Supreme Court's

orders, refused to help Zelaya run the referendum, he fired the army's commanding general and got his own party activists to distribute the ballot boxes.

At that point, Congress voted to remove Zelaya because of his "repeated violations of the constitution and the law and disregard of orders and judgments of the institutions," and the Supreme Court ordered the army to intervene and arrest the president. It was a mistake to put him on a plane bound for Costa Rica, as that made it look like a traditional Central American coup, but apart from that everything was done within the law.

The speaker of the Congress, Roberto Micheletti, who has taken over until the November elections, insists that he has become interim president "as the result of an absolutely legal transition process." Chavez and his Bolivian, Ecuadorian, Nicaraguan and Cuban allies claim it's a military coup, and insist that the United States is behind it.

Washington, which wasn't paying much attention until last Sunday, has been bounced into backing Zelaya too, as has the Organisation of American States, whose secretary-general, Jose Miguel Insulza, has promised to accompany Zelaya in a grand return to Honduras. US Secretary of State Hillary Clinton has condemned the events in Honduras as a coup, and for all we know she might accompany Zelaya too.

If Chavez decided to go along too, they would have enough people for a game of celebrity bridge, but all this posturing won't change anything. It might be different if the next Honduran election were years away and there was time for diplomatic and economic pressures to wear the legitimate Honduran authorities down, but it's only five months until the 29th of November.

So long as that election is conducted properly, other countries will have no grounds to reject its outcome—and Zelaya is constitutionally barred from running again. End of story.

Unless Chavez actually attacks Honduras, that is, but it is a long way from Venezuela and Chavez's forces are not really equipped or trained for amphibious assaults or long-range air-drops. You can almost hear the Honduran soldiers muttering "Go ahead, make my day."



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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More fires this year than whole of 2008



The total amount of land that has burnt so far this year in Portugal has already surpassed the amount of land that was scorched in 2008, according to provisional data from the National Forest Authority (AFN).

By June 15th this year around 17,262 hectares of land had burnt, in comparison to the been 17,244 hectares that were burnt throughout the whole of 2008.

The provisional forest fire report, which is now available on the AFN's website, shows that between January 1st and June 15th this year nearly four times as much land has gone up in flames than during the same period last year, when by then only 4,251 hectares had been burned.

The number of individual incidents has also risen this year in comparison to last, having increased by a massive 88 percent when compared with the first

quarter of 2008, though this year's outbreaks are not nearly close to the total 13,832 fires that were documented during the whole of 2008.

By June 15th this year fire services across the country had documented 6,981 incidents involving forest fires.

Since 1999 the amount of land burnt in Portugal has continuously increased, with the exception of 2005.

Data also shows that March this year was the worst month, when there were 3,644 fires detected and 13,060 hectares of land burnt, 76 percent of the total so far this year.

Portugal challenged over driving licence laws

The European Commission has issued reasoned opinions against three Member States of the European Union, including Portugal, who have not yet communicated the measures to transpose into national law a Community directive on driving licences.

The directive in question introduces amendments to the technical annexes to the Directive on driving licences. The main amendment, prompted by the concern to increase safety in critical infrastructures, provides that every candidate for a driving licence

must have a good knowledge, both theoretical and practical, of driving in tunnels. Other amendments relate to the definition of vehicles with automatic transmission and the transitional period in which old heavy goods vehicles may still be used for the practical test for a driving licence in that category.

Portugal, Cyprus and the Czech Republic have not yet communicated the measures under national law to transpose that directive. The deadline for transposition was 30 September 2008.

Whaling meeting ends in stalemate

The International Whaling Commission (IWC) has an uncertain future but its latest meeting in Madeira gave a strong fillip to the divided organisation's continuity, Portugal's IWC representative said last Thursday.

In comments to the Lusa News Agency, Jorge Palmeirim said the Funchal gathering decided to keep the IWC as the sole body to resolve issues relating to conservation of cetaceans. The IWC "might have problems" but it is very difficult to replace it with any other body, he noted.

At the two-day encounter that ended Thursday IWC delegates sidestepped a request from Greenland to hunt 10 humpback whales each year. A decision on this was postponed until an interim scientific meeting later this year after pro and anti-whaling states failed to achieve consensus in Funchal.

IWC chairman William Hogarth, of the United States, said the interim scientific meeting called solely to decide on the Greenland proposal was expected before the end of the year.

Environmental organizations and smaller countries at the 61st IWC convention criticized the

postponement, with some saying larger countries would likely dominate the future meeting given the difficulties of poorer members attending.

In a related development, Portugal, the convention's host, reaffirmed its opposition to any revival of whaling in its large Atlantic exclusive economic zone.

"The Portuguese Government rejects any possibility of whaling being resumed in Portugal and will do everything to ensure the fulfilment of the ban on this activity in its waters", the Environment Ministry said in a statement.

It said Lisbon supported the strengthening of efforts worldwide to protect whales and to "maintain the current moratorium".

The Ministry said Portugal could "only admit the possibility" of a resumption of coastal whaling in Japan, and only as part of a commitment to re-enforce conservation measures with a view to reducing the number of whales hunted yearly around the world.

The convention in Portugal's Madeira Island, drew hundreds of officials and whaling experts from 85 countries. TPN/Lusa



Firemen fight a forest fire which broke out in the Guidões district in Trofa on 21st June. (Photo: Lusa / Estela Silva)

'Wonky' fruit and vegetables back on sale

European Union rules governing the size and shape of many fruits and vegetables ceased to exist this week when specific marketing standards for 26 types of fruit and vegetables were repealed.

The Commission's initiative to get rid of these standards is a major element in its ongoing efforts to streamline and simplify EU rules and cut red tape. For 10 types of fruit and vegetables, including apples, strawberries and tomatoes, marketing standards will remain in place.

But even for these 10, Member States could for the first time allow shops to sell products that don't respect the standards, as long as they are labelled to distinguish them from 'extra', 'class I' and 'class II' fruit. In other words, the new rules will allow national authorities to permit the sale of all fruits and vegetables, regardless of their size and shape.

"July 1st marked the return to

our shelves of the curved cucumber and the knobby carrot," said Mariann Fischer Boel, Commissioner for Agriculture and Rural Development. "More seriously, this is a concrete example of our drive to cut unnecessary red tape. We don't need to regulate this sort of thing at EU level. It is far better to leave it to market operators. The changes also mean that consumers will be able to choose from the widest range of products possible. It makes no sense to throw perfectly good products away, just because they are the 'wrong' size and shape."

This change means that these standards are repealed for 26 products: apricots, artichokes, asparagus, aubergines,

avocadoes, beans, Brussels sprouts, carrots, cauliflowers, cherries, courgettes, cucumbers, cultivated mushrooms, garlic, hazelnuts in shell, headed cabbage, leeks, melons, onions, peas, plums, ribbed celery, spinach, walnuts in shell, water melons, and witloof/chicory.

Specific marketing standards will remain for 10 products which account for 75 percent of the value of EU trade: apples, citrus fruit, kiwi fruit, lettuces, peaches

and nectarines, pears, strawberries, sweet peppers, table grapes and tomatoes.

However, Member States may also exempt these from the standards if they are sold in the shops with an appropriate label. In practical terms, this means that an apple which does not meet the standard may still be sold in the shop, as long as it is labelled "product intended for processing" or equivalent wording.



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Algarve classic cars roam the region



Around 150 classic cars will be filling the roads with colour and a vintage feel this weekend, as the Algarve Classic Cars meeting boasts some of the most legendary models in automobile history. Expect to see classic Rolls Royce, Bentley, Porsche, Jaguar, BMW, Aston Martin and Ferrari models, manufactured between 1924 and 1979.



Some of the most legendary models in automobile history.

The seventeenth Algarve Classic Cars meeting will be taking place between 3rd and 5th July. Participants from all over Europe (Belgium, France, Spain, Germany and England) will gather in the region for the Iberian Peninsula's biggest classic car concentration, which is divided into the sport route and the tourist route, giving the public the opportunity of seeing a classic car 'museum' on the roads.

It begins this Friday (3rd July) at Vilamoura Marina and ends with the Trophy presentation on Sunday in Albufeira, Avenida dos Descobrimentos, after passing through the councils of Loulé, Portimão, São Brás de Alportel, Silves and Lagoa.

The Sport route consists of racing events and the Tourist route has cars stopping at several places for cultural visits.

Environmentalists condemn tree felling for construction of development



The environmental organisation Almargem heavily criticised the felling of dozens of oak and cork trees at the Quinta da Ombria development, in Loulé, and have pleaded for authorities to punish the developers for their actions.

Almargem have claimed that the cutting down of the trees was not legal, despite the development having expressed the necessity for a cleanup, slyly including the trees in the supposed 'cleanup'. "Almargem hopes the competent authorities don't let this crime go unpunished" said the organisation. According to Almargem, the project is set to cut down hundreds more oak and

cork trees.

Environmentalists say that, despite the oak and cork trees being protected species by law, they are still being targeted for felling, by private entities as well as State ones: "Indifferent to the law that determines the preservation of the populations of both these species, there are many entities that, for economic reasons, bend the law at their

will, as the authorities do not act against these illegalities."

Almargem have compared this case to a similar one at the Monte Rei Sesmarias develop-

ment, in Vila Real Santo António, where the promoter tried to cover up the felling of dozens of oak trees, an action for which he was prosecuted.

Market stall vendors learn English



With the purpose of providing foreign customers a better service at the Portimão Municipal Market, the first group of eighteen vendors are attending a 50 hour course of English to perfect their knowledge of the language.

These English courses are being given by Ana Reis, with the support of Portimão Council and Portimão Job Centre, at a room in the Market four days a week, with eighteen students attending the course at a time.

The President of Portimão Parish, Ana Figueiredo, pointed out it was the vendors' wish to embark on these courses, in order to develop their personal and professional language skills: "... all that remains is their perseverance so that they can make the most of this working tool, that could be very useful in the future" said the President.

Maria Lonelina, one of the vendors attending the course, said she joined it to "have a

more personalized service and because people should evolve. I want to provide a better service for the tourists and understand them. All my colleagues from all sectors should think the same way."

Other measures are lined up for the future at the Portimão Municipal Market, such as commercial training and marketing/sales advice.

The Director of the Municipal Market, Renato Mendes, said the "administration promotes these types of skills and provides the best conditions for them to take place, due to the importance for the evolution of the vendors as they are the promoters of the innovative and dynamic philosophy of this commercial space."



Operators of the Portimão Municipal Market during an English lesson.

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Thousands more to dock this summer in Portimão



Portimão's cruise port is this summer to receive twice as many ships and three times as many passengers as last year, raising the number of visitors to the city from 11,271 in 2008 to an estimated 30,000 by the end of 2009.

This has largely been achieved by improved the safety and reliability that Portimão can now offer cruise companies and their passengers.

Last year 26 large vessels docked in Portimão, and this year the city expects to welcome 45 ships.

To these numbers can also be added weekly trips from Portimão to Funchal, Madeira, made by the Volcán de Tijarafe

ferry, which belongs to Canary-based Company Naviera Armas. So far, since the launch of its services on 15th June 2008, until June 14th this year the ferry had transported 25,948 passengers and 10,820 vehicles on that route.

To celebrate one year of success, last weekend, on Sunday June 21st, Naviera Armas's Vice-President António Armas Mead, was presented with a souvenir from Portimão Mayor Manuel da Luz.

On that same day the

Thomson Destiny docked in Portimão, the largest ship ever to dock at the city's port, carrying 1,450 passengers and a crew of 540.

Mayor da Luz was given a guided tour on board the giant cruise ship, which weighs 37,584 tons, measures 214.88 metres in length and has a width of 28.4 metres.

Continuing growth regarding cruise ship dockings is clear evidence that Portimão is becoming one of Europe's most popular ports-of-call.



The Thomson Destiny ship at Porto de Cruzeiros in Portimão. (Photo: CMP/Filipe da Palma)

Faro PSP arrest 'drug mule'

Last Friday Faro's PSP arrested a 35 year old Moroccan who was carrying 113 hashish 'bolotas' ('eggs' of hashish) inside his stomach.

The illegal immigrant checked into Faro Hospital with serious stomach pains and, after an X-Ray revealed strange objects inside his stomach, the PSP were called.

According to a statement issued by the police force, the individual had 113 'bolotas' inside his stomach, the equivalent of 3,000 individual doses.

After undergoing surgery to remove the drugs, the illegal Moroccan immigrant "is recovering well" in the surgery ward, said a source at the Hospital.

Tourism chiefs discuss swine flu pandemic



The ARS (Regional Health Administration) took the initiative to hold an informative meeting after the H1N1 virus reached phase six alert on the World Health Organisation's scale, to inform companies what precautions should be taken to prevent an outbreak of the virus, which is now considered a pandemic.

AHETA (Hotels and Tourist Developments Association) President Elidérico Viegas and Dr. Rui Lourenço, President of the ARS, presided over the informative meeting that took place at the AHETA headquarters, in Albufeira.

"We have organised this meeting to give advice to tourism related businesses" said Elidérico Viegas, recognising that it is these establishments that must take precautionary measures to prevent a possible serious outbreak of the swine flu.

The H1N1 virus is currently at Phase 6 alert in the WHO (World Health Organisation) countries and is now considered a pandemic. Rui Lourenço said that although this is a serious phase, people must not panic as the criteria for classification of the phases is not related to the severity of the disease but clas-

sified on a geographic criteria, i.e. how many countries, of the WHO, it has spread to.

On 24th June 2009 there were 55,867 confirmed cases in 104 countries, with the 'swine flu' killing a total of 238 people. "Until now it has only been a televised matter, but it is good to be prepared for unknown scenarios" said the President of AHETA. In Portugal, at the time of going to press, there were seventeen confirmed cases, whilst Spain and the UK remained the countries in Europe where most cases have been registered.

Rui Lourenço spoke of the importance of being as much up-to-date with the outbreak as possible: "Diseases evolve, so strategies must change with the evolution of the disease, although the same basic precautions should be taken", such as washing your hands regularly, sneezing on your forearm (or

into tissue) rather than on your hands and having good hygiene in general.

"This disease is a combination of swine, aviary and human viruses", said the President of ARS, adding that the main propagator of this disease were the pigs, due to their extremely similar immune system to humans. Only after a mutation of the disease did it become transmissible between humans, which is currently the case.

The transmission of the disease can be either direct or indirect: a cough or a sneeze (saliva) near somebody else is enough to pass it directly, and secretions deposited on hands or objects (from 2 to 8 hours active) can also spread swine flu.

"At the moment we are not able to exactly predict the evolution of the flu", although the acceleration of the disease is thought to happen in the colder

months of the year, explained the President of ARS.

When it comes to the proportion of serious and not so serious cases, Rui Lourenço explained "Some people will not have symptoms, these are the carriers; most of the infected will have slight symptoms, with no real danger to their health; few will need hospitalization and very few will die." As the common flu normally reaches around 10% of the population, it is thought swine flu might reach around 20% at its peak.

These will be the measures taken if an outbreak occurs in Portugal (in order of severity):

Health professionals will have individual protection kits, hand hygiene is essential, later there will be respiratory hygiene measures (face masks) and the final measures to be taken will be isolation, quarantine, closure of public spaces and cancelling events.

So far Tamiflu has been a good generic medicine that suppresses swine flu, although it recently emerged after this meeting took place, that a new case has occurred in Denmark which is resistant to the medicine.

For more information on swine flu please visit the Health Ministry's website www.min-saude.pt.

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Future Lisbon airport dependant on elections



Public Works Minister Mário Lino acknowledged on Tuesday it would be hard for the Portuguese Government to launch tenders for the building of Lisbon's new international airport before legislative elections in September.

"It will be very difficult" to open the bidding process ahead of the September 27 polls, Lino replied when questioned by Lusa News Agency on the timetable, adding that there were still "documents to approve" in relation to construction of the future airport.

The Public Works Ministry had indicated it hoped to launch the tenders during the first half of this year.

Lino said his staff were working "as quickly as possible" on the airport project, assuring that the plan would "certainly" move forward by the end of the year.

Earlier this month, Lino said tenders for building a bullet train link to Spain, another high-profile project of the Socialist government, would likely await a decision by a new administration, following the regularly scheduled legislative elections.

Opposition parties of both right and left have criticized Prime Minister José Sócrates' executive for its declared intention of pressing forward with major public works projects despite Portugal's mounting difficulties amid the global economic and financial crisis.

TPN/Lusa



The Minister of Transport and Public Works, Mário Lino, accompanied by CTT President, Estanislau Costa, speaks during his visit to the CTT Distribution Centre on June 30th, where he was questioned by journalists about the construction of the new Lisbon airport. Photo: Miguel A. Lopes/LUSA

Young mother journeys to Fátima to pray for the return of her child

The teenage mother who had her two year old child taken away from her and put up for adoption, as she lacked suitable conditions to take care of him, has decided to make a journey to Fátima to "pray for Martim's return as soon as possible."

Ana Rita Leonardo has chosen to carry out her pilgrimage to Fátima to show she has not given up fighting for her child and that she prays for him to come home every single day. After staging her last protest outside Cascais Courts for fifteen days, where they decided to put Martim up for adoption, Ana Rita has confessed she is afraid her case will be shelved and forgotten and this is a way of keeping her fight alive: "I am go-

ing to pray for Martim to return to his family as soon as possible, to give him all the love I haven't been able to give him so far" said the teenage mother.

Ana Rita's case has been reopened by the Cascais Courts following a request for a re-evaluation of the case by Luís Villas Boas, director of Aboim Ascensão refuge, where Martim has been taken care of since 26th February 2007. In July 2007 the first court de-

cision to put Martim up for adoption was ruled, to which the family appealed with success but, on December 20th 2008, during Ana Rita's last visit, Martim became emotionally distressed and it was decided her visits should cease.

On May 21st, this year, Ana Rita was informed her son was being put up for adoption once again; it has now been over six months since she has seen her child.

Drop in sales forces generous discounts



A big drop in revenue by shops in Lisbon's Commercial Centres has forced them to drop their prices early this year, several weeks before the official sales season begins.

At Colombo and Cascais Shopping shopping centres, the large furniture, toy, decoration, bags, accessories and clothing shops are offering hefty discounts on their products, amounting to 70 percent in some cases.

The President of the Commercial Services Association, Vasco de Mello, says he is not surprised by these aggressive tactics employed by the large brands: "It is

similar to October and November's promotions. ... It doesn't seem odd", he said, justifying these large discounts because of the crisis and a new sales law.

Having noticed a drop in clientele at the shopping centres, shop owners have brought forward the sales season to attract people to their stores, similar to last year, although this year discounts are much steeper in general.

Women's Secret is one of the

shops with the biggest discounts in Colombo shopping centre, and their tactics seem to be paying off as it is now exceeding its daily targets regularly, explained one of the sales personnel.

Very few shops have chosen not to jump start the discounts season, though 'Boss', are instead distributing discount vouchers to existing clients, waiting for the 'right time' to start their sales season.

UNESCO concern over Sintra heritage site

Members of the United Nations Educational Scientific and Cultural Organization (UNESCO) are worried about the way Sintra's cultural heritage is being managed, such as the lack of conservation plans for the parks and palaces of the region.

Members of the UNESCO committee gathered in Seville this week to discuss around fifty European cases where the management of their resources is not being carried out as required. Their worries in Sintra are based on the lack of extended management plans, conservation of parks and palaces, as well as the rapid infiltration of urban developments in these areas.

Tourism pressure and lack of institutional coordination are

other concerns of UNESCO relating to Sintra, and the organization has now encouraged the local council to establish a committee to guarantee better safeguarding, and better management, of the territory's cultural heritage and to also produce a management plan, which clearly defines the role of each decision maker, the conservation measures to be taken and the creation of objectives for the management, all within their financial resources.

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China on My Mind

The dusty second grade classroom of the Guang Primary School in Xian, China overflowed with forty-five children. All had chairs but some had to share desks. When six of us from our Overseas Adventure

Travel group (www.oattravel.com) walked into the room, the children stood up and stared. I asked the teacher, who spoke to us through our bi-lingual trip leader, if the kids had ever seen Europeans or Americans before. "Only on television," she said.

"Pat, you're a teacher," Jason, our tour leader said. "You give the lesson."

With no preparation and considerable trepidation, I began with the alphabet. Thirty minutes later the children and I were singing, looking at objects I found in the sparsely decorated room and repeating our names in an improvised memory game.

Thirty more minutes later Jason signalled that the class was over; we had to leave for our next destination. (The upside of tours in China is that you cover great distances with ease;

the downside is that you operate on the tour's schedule, not on your own.)

Five minutes later, on the bus, I said to Don, "I want to teach in China."

From the seat behind us, David, a native from Minnesota, overheard me and said,

"Pat, I know of a great program that sends teachers to Wuhan University in China every July." Then he gave me the website of the Teach for Freedom Foundation, (<http://teachforfriendship.com>) Fast forward to this week. On July 2, I board Lufthansa from Lisbon to Frankfurt, Frankfurt to Beijing, then change to Air China, Beijing to Wuhan. On Monday, July 6, I begin teaching 35 students from the University. At least that's the plan. (See below for possible problems.)

The classes, 6 hours a day, are conversation based. "Leave your grammar books at home," a seasoned Foundation teacher told me. "They want conversation."

Then I remembered my experience in a Portuguese class at the University of Lisbon's summer program for foreigners. The teacher tested our group on the

first day and returned the second with the exams.

"I've never seen this before," she said in basic Portuguese. I thought she might mean me, that my test was so bad. But then she looked at the six Japanese students sitting in the row behind me.

"You all got perfect scores," she said. They smiled, politely. "How long have you studied Portuguese?" she asked.

No one answered. "What's your name?" she tried again.

Silence.

Then she understood. The students knew grammar perfectly, could read and write, but they could not speak. Wuhan might be similar. In addition to providing the classes as well as a Chinese teaching assistant, the Chinese house us in a nearby "hotel" (not luxurious at all, I've been warned, with "beds hard as rocks"), provide all the food (chopsticks encouraged) and plan weekend outings.

Aren't you afraid to go on your own?" my sister asked me last week.

Maybe I should be, but I'm not. I felt 100% safe last year when I



Westheimer

went on the tour and expect the same this time. I know little about internet access except to avoid searching for the 3 T's: Tibet, Taiwan and Tiananmen Square. I predict the experience will be three "E's": exhilarating, exciting and educational. And add to that the unexpected: an email arrived yesterday from the Foundation Director: "All teachers who have not been in China at least a week before the classes begin (that's me) will be subject to Swine Flu quarantine for a week. I'm not sure what that means exactly, but I'm packing a lot of books and peanut butter just in case. Tsi Gen (bye).

patwestheimer@gmail.com
If I have internet access I'll update my blog regularly: <http://patwesty.wordpress.com>
Enjoy your summer.

Intensive Portuguese summer courses for beginners in Lagos



Sónia Melo (left) who will be teaching the intensive course, with a private student.

The Lagos Language Centre will soon be starting its Intensive Beginners Courses for this summer, so now is an excellent opportunity to enroll and kick-start those communication skills.

A 30-lesson intensive course in Portuguese for beginners will start from Monday 20th to Friday 31st July.

The course comprises 10 days of lessons; three lessons each morning, Monday to Friday, from 10h10 to 13h00.

The Lagos Language Centre offers these courses every year due to its popularity, the main aim being to make learning Portuguese enjoyable, and the focus is - as always at the Centro de Línguas de Lagos - on conversation, practicing real-life situations, learning useful vocabulary, etc.

A fully-qualified Portuguese teacher is happy to explain anything in English, where necessary, as it would contradict the Centre's mission to have any student feeling lost and unsure about the material.

Enrolments for this are being taken as of now.

There will be a maximum of eight students in the group, with tea or coffee provided at intervals.

People are welcome to call in and chat to the Centre's friendly staff about this course or others, such as private lessons.

An attractive 'two for the price of one' offer is available to ease costs at such a sensitive time; tutorial lessons for school children who might need help with their language studies, and other language courses are also available.

JJ Enterprises, full of surprises

Comprising of three separate companies, Artigrass, ScaleWatcher and Bug Busters, JJ Enterprises provide a vast range of products that aim to improve people's lifestyles in several different areas.

John Cowan arrived to the Algarve in 2004 and setup an artificial grass supply and fitting company, Artigrass. Over the years he ventured into new areas and created BugBusters, and ultimately ScaleWatcher.

Bug Busters are now the official distributor of the Black Hole mosquito trap in Portugal. Considered the best mosquito trap on the market, the Black Hole simultaneously purifies air and exterminates mosquitoes. It poses no threat to pets or people as it is a smoke and insecticide free apparatus, which lures the female mosquitoes (the ones that bite) with a black light and then sucks them into the special cone shaped trap, from where they cannot escape.

Its large coverage area of around one square kilometre will ensure homes are mosquito free during the hot summer months.

The Black Hole is easy to clean and the after sales service from Bug Busters is second to none, supplying replacement bulbs and servicing when required. The best mosquito trap is currently available at a reduced price of €150.

Besides the Black Hole, Bug Busters also have several other control and elimination devices, such as the Red Palm Weevil trap, the Pine Caterpillar trap, the Big Bag Fly Trap and many others, all of which provide effective solutions to bug

problems, either for homes, bars or restaurants.

Arti Grass was John's first business venture in Portugal. What used to be considered as a 'cheap' solution to real grass, artificial grass has evolved over the years and is now used by many people all over the world for both domestic and sport purposes.

Arti Grass provide a vast range of quality artificial grasses, in all lengths, textures and colours.

They design and build putting greens or garden areas, depending on people's requirements.

Despite being easy to install, Arti Grass have a full installation service required. Besides the advantages of not watering and mowing, the synthetic lawns are very hard wearing and don't fade or rot, keeping its vibrant colours throughout its life.

These lawns come with a two year guarantee for the fitting and a ten year material guarantee, the reason why they were chosen by the Algarve MotorPark for their boundary lawns.

JJ Enterprises' latest product, the ScaleWatcher, is ideal for people who have hard water where they live. John is the sole ScaleWatcher distributor in Portugal.

Easy to install, the ScaleWatcher machine is a small electronic de-scaler that eliminates hard water scale effectively.

Problems will no longer arise with scale accumulating in kettles, taps and pipes, all for a running cost of only €5 per year.



Does your car have Fresh Air?



You may not know this but by giving your car's air conditioning system a yearly check-up you could be saving yourself significant amounts of money by avoiding future problems as well as making sure your health is safeguarded.

'Fresh Air' is a mobile, preventative maintenance service that specialises in thoroughly servicing, checking and cleaning vehicle air conditioning systems, at the location of your choice and at your convenience. Standard vehicles take approximately one hour to check, meaning services can be done while you are at home, at work, out shopping, or at the beach.

Your vehicle's air-conditioning should be used for at least ten minutes once every week; if it has started smelling bad, musky, or of vinegar, then a check should be carried out. Bad smells are mostly caused by gas leaks or unhealthy bacteria build-up and, in extreme cases, can be harmful to health. Legionnaires disease, one of the most notorious illnesses related to vehicle air-conditioning, is triggered by bacteria that builds up in pipes but could, however, be avoided with a good clean. Leak testing and a fault diagnosis service are also available.

Using specialist, state-of-the-art service equipment, Fresh Air offers a first-class, reliable service all year round, seven days a week, keeping your car's cool air in tip-top condition.

Based in the Algarve, Fresh Air was established by Nick and Tracey Reynolds, who brought the service to Portugal after spotting a niche in the market.

Given the high temperatures that this country experiences, as well as the dusty country roads that can clog up components in air conditioning units, it seemed a fitting service to launch.

Nick, a highly-qualified vehicle servicer, specialised in maintaining vehicle air conditioning systems and was recruited by large companies to maintain their fleets as well as offering the service to private individuals at both of the garages he owned.

In Portugal, 'Fresh Air' has been in full swing since June this year and has been received with great acclaim, already having built up a considerable client portfolio.

So, with summer now in full swing, keep your cool by keeping your car's air-conditioning in optimal order.

General servicing and mechanical work are also available.

THIS WEEK'S PROFILES



Lagos Language Centre

For further information, please contact Ana, the secretary, for more information, on: (+351) 282 761 070, or email info@centrodelinguas.com.



Fresh Air

For more information or to book an appointment, call Nick or Tracey on: (+351) 915 974 283, or see website: www.freshair-services.com.



JJ Enterprises

For more information on JJ Enterprises' products, and more, please visit www.artigrass.eu, www.expatessential.com, or call John on 938 168 354 or 967 516 981. Email: jfc151@msn.com.



Canteiros do Sol

For more information on Canteiros do Sol, please visit their website (soon to be in English and French) www.canteirosdosol.com, email: canteirosdosol@sapo.pt or call 962 482 722 or 966 178 318.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

Canteiros do Sol, blooming beautiful



Joaquim Cabrita and Filomena Miguel created Canteiros do Sol to pursue their dream of opening a garden landscaping and maintenance company.

Having worked previously for the Environmental Department of Loulé Council, Joaquim had always had his mind set on creating his own business in the same area. With lots of experience and a desire to move forward, he created Canteiros do Sol with his partner Filomena Miguel, starting as a small maintenance company seven years ago and progressing into a thriving garden landscaping and maintenance company, two years ago, which now displays an impressive portfolio.

Customer satisfaction is their main priority and they will always share their ideas with hopes of reaching the perfect garden in both utility and design. They also survey the area where they will be working to ensure the plants used adapt in the best way possible to the area.

Canteiros do Sol do not shy away from large projects, their last quote was an 18,300 m² land, nor do they see themselves as too big for small maintenance jobs as they carry out work in small gardens, such as their Loulé Council contract, a small natural garden located at the Pena Environmental Centre, at the foot of the protected area of Rocha da Pena, Salir.

With a professional course in gardening, Joaquim has always had a passion for the environment, reason why Canteiros do Sol work very hard to be helpful towards it, sourcing products which are less prejudicial.

Besides helping the environment, Canteiros do Sol have ventured into areas where few companies dare to go, by reintegrating invalids into work with the support of many institutions. This approach to helping the community has always been one of the company's objectives, offering people who are not given many chances an opportunity to earn their own money. Other ideas which are to flourish at Canteiros do Sol are to help with reforestation in needy areas, working in conjunction with schools to get children reconnected with nature and other actions which will contribute towards the society in general.

Having initially worked mainly in the Eastern Algarve, their presence at the International Algarve Fair has broadcasted their name all around the region, having received requests from all parts of the Algarve. Their sandpit playing area for children was a great success and generated a lot of interest from passers-by as it coupled utility with a beautiful looking garden.

Based in Vale Judeu, near Vilamoura, Canteiros do Sol provide free quotes, they are fluent in English, Portuguese and French.

Algarve cricket derby this Sunday



The Barringtons cricket team.

The Barringtons cricket team will be taking on their counterparts from Carvoeiro this Sunday in what promises to be a fun, though nevertheless competitive day of cricket in the Algarve.

The match between the teams from the Central and

Western Algarve will be held at Barringtons with the first ball to be bowled at 11am in this limited overs match on what the weathermen are saying will be a scorching summer's day.

Visitors are welcome and refreshments and light meals will be available.

Readers keen on joining the club, which already includes members from most Test-playing nations, and playing in social matches during the season, e-mail Ralph at barringtons.cricket@hotmail.com

Alfa Invite

Monday, the 6th of July is the first Monday of the month, thus ALFA-time. Come along, have a

A Hole in One for ACCA's Pro-Am

The weather may have been below par this year, but the enthusiasm and support certainly wasn't. There was an excellent turnout and early indicators were that excess of €20,000 was raised, which will go towards two very worthwhile projects. The first is to support a local basketball team comprised of young people with disabilities. The second is to sponsor six young people with special needs, who are taking part in a structured vocational training course, which will equip them to work and gain a highly valuable sense of responsibility and independence.

The event was held, for the

first time, at Monte Rei Golf Course who hosted the day so well. Staff were enormously helpful and cheerful throughout, the course was fantastic and the Pro's and players alike loved it.

The Lady Pro's, as always, gave their time for free, some of them were on an extremely tight schedule and arrived on Sunday 14th leaving straight after the game on 15th to continue the Tour.

But there were lots of other companies that gave their support and the organisers would like to say a heartfelt thank you to you all. They said "It simply couldn't happen without you".

glass of wine and a nibble from Liz Allen's friendly bar before we start at 7.30pm sharp this time, we will be in the lovely claustrophobic of the convent, and, for the first time be able to enjoy a proper "salon ambience".

Guest speakers will be Jenny Grainer, who is in the process of publishing her second edition of "Algarve now and then" stories.

She welcomes comments, criticism (only constructive of course) Barbara-Marie Mundt and Rachel who will give you the nicest language lesson you've ever encountered by presenting the three-language-book Isabella, the Portuguese Waterdog.

Convento São José, Lagoa. Info: +351 282 413 160



ST. ANDREWS SOCIETY ALGARVE WINE TASTING WITH SUPPER EVENING

Porches Pottery
Saturday 18th July 7 p.m.
Please contact Kathy
Tel. 919 635 246
Tickets are limited
Do not Delay.

Saturday Bike Rides

This Saturday's ride starts from Lagoa

Please note the earlier start time this week.

Starting Point

Lagoa (Netto Carpark)
As you approach Lagoa on the 125 from the east, there is a turning to the town centre (& Silves). Directly ahead is a Netto supermarket, next door to the Lagoa Bombeiros.

Meeting at 09.45am. The ride starts at 10.00 am prompt. Paul will aim to be at Bikeland from around 09.00am and can take some people and/or bikes from there if required.

If you need a hire bike then please do confirm this in advance so that the bike is ready for collection.

Ride details

This week's ride is mostly flat but with a few hills on tarmac, so nothing too difficult. There will also be a few easy dirt track sections. The ride is around 45km and very enjoyable, passing through interesting coastal areas such as Ferragudo, Portimão, Praia da Rocha and Alvor.

Please do bring plenty to drink and some sun protection. We will make one cafe stop somewhere along the way!

The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, e-mail: paul.beesley@sapo.pt, or goto: www.activityalgarve.com.

Toffs Golf Society at Aroeira

After the oppressive heat of the previous week the refreshing coolness of an early morning start amid the pines of Aroeira on the Costa da Caparica came as welcome relief. Relief only until we began to remember the difficulties and challenges that Aroeira II's course provides. The greens had recently been treated which also added to the complexities of making a low score.

Nevertheless, designed to meet the recommendations of the European Tour, the course is a great test and a pleasure to play.

The winner on the day was Auke Bos with 32 points, followed by Bill Buxton and Chico Leite Monteiro with 30 and 28 points respectively. Eight members and their 4 guests enjoyed a very agreeable lunch in the Clubhouse following the game.

Bowls Algarve Summer League

The final round of matches took place at Parque da Floresta in somewhat overcast and humid conditions, however the high standard of bowling was unaffected and there were some very close and competitive matches played. Albufeira Cats have recovered somewhat from a bad start to the league and finished with a good victory over Pedras by 40-30 and 8 points to 2. Pedras however did finish third in their first venture into league bowls and can be well satisfied with their overall performance. Alvor Larks also finished on a high note, beating Amendoeira by 38-30 and 6 points to 4. PDF Pirates had a convincing win over Valverde by 41-28 and 6 points to 4 and as a result climbed to finish fourth overall after a poor start which saw them bottom at one point. Finally, Alvor Doves claimed the four points they needed to ensure winning the Championship, despite losing to the Eagles by 35-27 and 6 points to 4. Eagles and Doves were probably the

most consistent teams in the league, ending up first and second, each with a 5-2 win lose record. Doves winning out on points 47 against 40.

So the final table has Doves as the worthy winners on 47 points, Eagles second on 40 and Pedras third with 38 points. Pirates finished on 35, Larks were on 34 equal with Valverde but ahead on shot difference. Amendoeira ended with 31 points and Cats had 21.

Thanks to Janice and her staff at PDF, everyone enjoyed a lovely meal and refreshments after the matches and then Connie Borrell and Alan Clarke presented the trophy to the winning Doves captain, Paul Johnson. This Summers' league competition shows further evidence of the growth and positive development of the structure and standard of bowling in the Algarve and we now look forward to an exciting new programme of leagues and competitions in October and throughout the Winter.

Alan Clarke - League Director

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Vale de Milho Golf

*Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!*



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40 June to August after 3:30pm September to October after 2:30pm	9 Holes - €20 18 Holes - €30 With Clubs - 9 Holes - €32.50 18 Holes - €47.50	9 Holes - €26.50 18 Holes - €38 With Clubs - 9 Holes - €40.50 18 Holes - €57.50

*** Subject to availability. No service at weekends.

GREEN FEES

9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
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18 Holes Green Fee Junior €25.50

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Restaurante Florestal

Located in the hills of Barão São João, near the Lagos Zoo, A Florestal is a hidden gem that offers one of the most beautiful sceneries in the region complementing mouth-watering meals. Surrounded by the sound of nature and stunning flora, your senses will be overwhelmed with the scent of the cooking, which has steadily been perfected over the restaurant's 21 years of existence.

Serving both lunches and dinners, A Florestal is the perfect location to unwind and appreciate an exquisite homemade meal. With blooming bougainvilleas covering the outside of the rustic farmhouse, coupled with supreme views overlooking the countryside, it is the perfect location to hold private functions, weddings or romantic meals. Not only though, as A Florestal has daily specials at lunch time, attracting work people looking to

relax in complete and utter peace. With a separate lunch and dinner menu, the chef has created a varied assortment of international meals, which has clients struggling to choose one in particular.

Serving up to 70-80 meals a night, the dinner menu combines traditional Portuguese dishes, cosmopolitan meals and some culinary delights invented by the masterful chef.

For starters, why not indulge in the famous Cream of Pump-

kin Soup, which has been perfected over the years, the Poached Shrimp with a Thai dipping sauce or the Mushroom Crêpe cooked with blue cheese, port and cream.

For mains, you can choose from tender meat to moist fish; the Tuna Steak pan seared with soy sauce and sesame seeds (served with wasabi mayonnaise) is a great fish lovers choice, abundant with flavour and not shy with portions. For meat eaters, the Chicken Teriyaki, Full Rack of Lamb and Breast of Duckling will most certainly please the palate of even the pickiest of people.

A Florestal's dessert menu is the restaurant's piece de la resistance, offering diet busting delights such as Cherries Jubilee, Hot Banana Taco, Creamy



Homemade Cheesecake, Chocolate Truffle Mousse cake and more.

Lunch menus consist of Mexican ethnic food such as Burritos and Fajitas (served with guacamole, refried beans, rice, sour cream and salsa); as well as a good choice of filling sandwiches with options of healthy side orders.

Sundays are the American style brunch days, where eggs Benedict/Florentine, American pancakes and English muffins will boost energy levels for the day.

Having recently dropped lots of lunch prices and replaced their house wine for the well-known 'Terra D'Alter' (red/white/rosé) wine, why not go over for

a relaxing time and good, diversified, quality food.

A Florestal's kitchen is open between 12h00-02h30 and 07h00-10h00 from Tuesday to Saturday, closing early on Sundays.

For more information or to make reservations, call A Florestal on: (+351) 282 687 204.



Restaurant Write-ups

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Casa Della. Do you want your pasta to be freshly made everyday by an Italian chef? Surely not too much to ask? Well, not now it isn't. Recently opened, Casa Della in Portimão does exactly that. Italian chef, Giorgio Veleni, was originally taught by his grandmother, who passed on to him her special secrets, and later trained in Italy. As well as the range of different pastas that he makes Giorgio also stocks genuine imported gour-

met foods from Italy such as, parmesan cheese, balsamic vinegar, a variety of sauces and wines, all for you to takeaway and enjoy. See their advert for opening times and location.

Pashmina, a name familiar to those who frequent Praia da Luz, has just opened its newest restaurant in Lagos (take the first turning right after passing the bridge over the marina on your left.) The entrance may have large modern glass doors, but the cuisine is truly authentic, with a modern touch, prepared by their top class chef who trained in India. There is a children's menu too, as well as a good selection of wines from the bar within the restaurant. The interior is decorated in typical Indian style using cream and plum giving it a modern and elegant feel. Your hosts Raman and Bawan along with their cheerful and efficient staff say reservations are advisable. Large groups can be accommodated.

For our restaurant guide please see the hotline on pages 32 & 33



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Pashmina

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Soooo many charges!

SIR, I just returned to Faro from Liverpool, and am happy to report that there was not an additional £10 fee. As I have a choice to fly from Blackpool, Liverpool or Manchester, I can assure you that I will now think twice about using Blackpool Airport.

With so many extras on the price of flights (speedy boarding, seat reservations, extra leg-room, golf clubs, fast track through security, checked luggage, taxes, fuel surcharges, credit card or debit card charge, and now on top of all that add another £20 per couple) that even given a FREE ticket, it would probably soon add up to be at least £150 each.

If the CEO wants to increase the revenues of Blackpool(?) make it the most affordable and flyer friendly airport in the area, which will increase usage, and increase the profits. Until further notice, our family and friends will be flying to Faro from another airport! Thanks to The Portugal News, we now know about this additional tax.

GENESIS, By e-mail

Words outdated?

SIR, Much of your crossword vocabulary borders on the antiquated, in my opinion. Seldom is there a word that came into use less than, say, 100 years ago. I'm not someone who believes the English language was set in stone in Victorian times, or even before.

We don't want to ignore traditional vocabulary like many young people seem to. What's

needed is a balance, so that the old, retired crowd in the Algarve can still learn something new, and the young can enjoy a few minutes away from the modern techno-babel (sic)!

BARRY GARDENER, Lisbon

At least we can't be accused of sesquipedalianism! What do our other readers think - let us know. Ed.

Response to Norman Walker

SIR, Norman Walker (Letters, 27 June) chooses to ignore my serious comment about a voting system that permits a party that has received much less than half of the vote to form a government. Instead he jumps on a proofreading error that unintentionally reversed the percentage votes of the Labour Party and Liberal Democrats, an oversight that in the context of my letter is irrelevant.

He then lumps me with 'the majority of the British press who, (he says), underestimates the LibDems.' As far as I can recall, since 1923 the number of Liberal Party (and later the Liberal Democrat) candidates elected has never been very high and any chance of forming a government remains as remote as ever. Their only significance has been their disproportionate ability to affect legislation by supporting, or voting against, the wishes of minority governments.

On the subject of voting, in the early 80s my wife had a long running battle with her MP and

Westminster when she realised that the secret ballot was no such thing. As she presented her voting card, she noticed that the clerk copied its number onto the counterfoil of her ballot paper. Few people realise that on the back of the ballot paper is a unique number, which, like a raffle ticket, matches that on the counterfoil. She was eventually given a lot of guff about voting slips and counterfoils being stored sepa-

rately and except in the case of suspected fraud, never the twin shall meet. The game was given away by the person at the polling station who volunteered that "After the war they used it to check who voted communist". So, rest assured that those who voted for the BNP have all been identified by now. As I wrote in my previous letter, "Democracy - what's that?"

RONLAVERY, By e-mail

Crisis, from p.1.

After more than a year of recording heavy drops, both the economic climate indicator and consumer confidence have this week shown positive gains, the Office of National Statistics revealed this week.

The positive data in Portugal follows similar results in the Euro Zone, where consumer and business confidence reached their highest levels since late last year.

"The crisis will come to an end, it won't last forever. And these are the first signs that this is in fact the case", said the Minister this week.

"I want to believe that we are closer to the end of the crisis than to its beginning, and I believe that we are passing the worst moments of the crisis".

The Minister attacked members of the opposition and certain sections of the media for suggestion he was a victim of his own wishful thinking.

"What I am saying is that we have reached the beginning of the end of the crisis - not that the crisis is over", explained Teixeira dos Santos on the eve of the state of the nation debate in Parliament held on Thursday.

The improvement of consumer and business confidence indexes are "frankly, very

positive signs" and suggest that Portugal is entering a phase which the Minister says could spell the end of the current crisis.

Most recent quarterly GDP growth statistics showed Portugal had recorded the third highest growth figures in Europe, while it was also found to be the most competitive economy in southern Europe.

Following these encouraging statistics, the Finance Minister predicted that the economy was likely to recover sooner than expected and could actually grow in the second half of the year.

Teixeira dos Santos has nonetheless resisted the temptation to assume an euphoric stance despite latest figures both here and abroad allowing for an optimistic outlook on the immediate future.

In recent comments, Teixeira dos Santos explained the reasoning behind his increasingly positive outlook: "With the high level of uncertainty in mind, I think the Portuguese economy is now passing through the worst period and I think that as of the second half we will start seeing positive signs ... basically, I expect quarter-to-quarter growth in the second half of this year."

Two children with swine flu raise total cases to 20

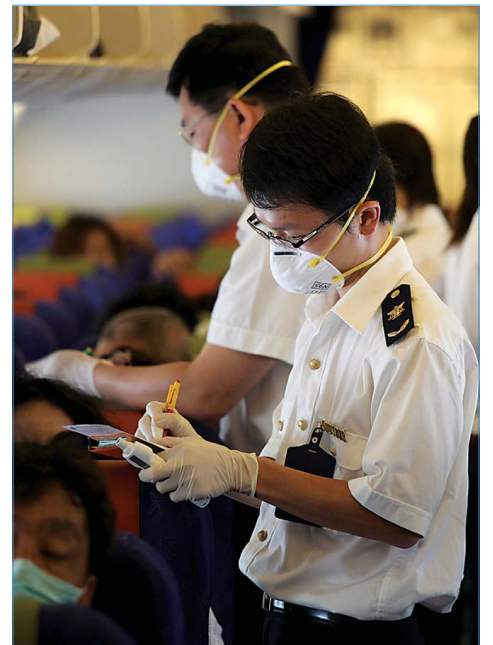
The Health Ministry said on Thursday two children had been confirmed with the swine flu infection, raising the total number of cases in Portugal since early May to 20.

All 20 cases had been con-

tracted abroad, the Ministry said.

The latest cases were of a three-year-old girl recently returned to the Azores from Canada and a nine-year-old boy just returned to Lisbon from the Spanish island of Majorca.

TPN/Lusa



Government health officers wearing protective masks check overseas travellers on a plane in Haikou Meilan International Airport in China on June 1st. (Photo: EPA/YM YIK)

Portuguese for Beginners

Emília Rosendo

147

THIS LESSON:

The preposition "a"

Read the sentences below:

- ⇒ Nós vamos ao supermercado.
(We go to the supermarket.)
- ⇒ Eu vou à praia.
(I go to the beach.)
- ⇒ Tu vais aos correios.
(You go to the post office.)
- ⇒ Eles vão às escolas secundárias.
(They go to the secondary schools.)

As you can see, verb "ir" is followed by the preposition "a" which changes as follows:

- ao = (preposition) "a" + (definite article) "o"
- à = (preposition) "a" + (definite article) "a"
- aos = (preposition) "a" + (definite article) "os"
- às = (preposition) "a" + (definite article) "as"

Complete the sentences which follow with the preposition "a" in its correct form:

1. Os vários grupos de turistas chegaram ____ aeroporto ____ anoitecer.
2. O nosso vizinho levava os cães ____ rua sempre ____ entardecer.

3. Todos os dias, os pais da Ana saíam apressadamente de casa ____ amanhecer. Eles começavam a trabalhar ____ seis da manhã e acabavam ____ meio-dia.
4. ____ pequeno-almoço, nós comíamos pão com queijo ou fiambre e bebíamos leite. ____ sobremesa havia sempre fruta fresca.
5. Os rapazes estiveram toda a tarde a jogar ____ polícias e ____ ladrões e as raparigas estiveram a brincar ____ casinhas e ____ lojas.
6. Nós nunca nos adaptámos ____ clima rigoroso deste país. Ainda não estamos nada habituados ____ frio, ____ chuva ou ____ neve!
7. As pessoas assistiram muito entusiasmados ____ espectáculo de magia.
8. Já enviaste o postal ____ teus tios?
9. Ontem eu faltei ____ reunião de trabalho porque tive que ir ____ médico.
10. Antigamente lavava-se a roupa ____ mão, mas hoje em dia lava-se ____ máquina.
11. Devemos obedecer ____ sinais de trânsito.
12. Eu prefiro o verde ____ amarelo.
13. Que curioso! A receita diz que é "obrigatório" juntar a farinha ____ leite e não o leite ____ farinha.
14. A testemunha não respondeu ____ perguntas.

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:

Emília Rosendo at The Portugal News and I will return them corrected.

The Portugal News • Apartado 13 • 8401-901 Lagoa

Sweden at the EU's helm

Sweden takes its turn at the six-month rotating presidency of the European Union, with economic recovery and climate change on its agenda.

Sweden assumed the revolving presidency of the European Union on 1 July, hoping to steer the bloc out of recession and pave the way for success in international negotiations on climate change.

One of Sweden's priorities will be to coordinate national policies on budget deficits, which have ballooned as EU countries spend heavily to stoke growth and shore up banks.

With unemployment rising, Sweden is also keen to lay the foundations for a new strategy for creating growth and jobs in the coming decade. The current strategy, adopted in 2000, expires next year.

At their meeting in June, EU leaders backed the commission's proposals for strengthening supervision of the financial industry. Sweden hopes to get the corresponding legislation passed during its six months at the helm. The Swedish government will also prepare the EU position for the Group of 20 economic powers in September.

But Sweden says its top pri-

ority will be securing an ambitious agreement on tackling climate change at the UN summit in Copenhagen in December. Prime Minister Fredrik Reinfeldt said climate change needs a global answer.

"We need to keep the European Union together and demonstrate European leadership to get a global answer in place."

In negotiations ahead of the conference, Sweden will press the EU case for deep cuts in carbon dioxide emissions. It will also try to forge consensus on financing the fight against global warming, especially in developing countries.

Sweden takes over at a time of institutional change and uncertainty. A new parliament is taking shape after the elections in June and a new Commission will be appointed. Ireland is expected to hold a second referendum on the Lisbon treaty in the autumn. Last summer Irish voters rejected the treaty, dealing a blow to efforts to streamline EU decision-making. All countries must ratify the treaty for it to come into force.

Over the next six months, Sweden wants joint EU efforts to tackle pollution in the Baltic Sea and revive economic activity in the region, which has been hit hard by the financial crisis. Sweden also plans to promote a common asylum policy and to boost EU cooperation on immigration.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 4 Jul 2009

PROPERTY OF THE WEEK

O Pomar Resort, Eastern Algarve



Natural charm, unforgettable landscapes, golf and beaches of soft, golden sand characterise the delightful Eastern Algarve. And it's here in this perfect location for a second home, that Newlyn Portugal, with their passion for building, are handing over the first properties to purchasers.

The promise of O Pomar resort – which translates literally as The Orchard – is that of a family holiday village less than 800 metres from the seafront and 500 metres from Benamor Golf Club

on the edge of the beautiful and picturesque village of Cabanas just outside the historic town of Tavira.

O Pomar is now in its final stages, purchasers may choose

from a range of superb three bedroom townhouses or one, two, three or four bedroom apartments and penthouses designed with a blend of Portuguese and Mediterranean influences.

The townhouses have private gardens backing onto a tree-lined parkland valley while the majority of the apartments and penthouses face south, overlooking lush, landscaped lowlands with trees and water features.

With prices starting at a realistic €225,000, a home at O Pomar offers the added pleasures of a community atmosphere in a relaxing village setting which even has its own Plaza with cafes, bars and restaurants.

Walk inside one of these exceptional properties – there are various show houses – and you will immediately understand what sets them apart. The interior architecture is modern and the rooms are ample in area for comfortable living. Look into the bedrooms and they are mainly en-suite and clearly of good size with fitted wardrobes, either baths or walk-in showers and plenty of room for double beds. The kitchens are fully equipped with ap-



pliances of prestige manufacture and selected properties have laundry rooms. As well as good-sized terraces and balconies, townhouses and penthouse apartments have roof terraces and provision for a Jacuzzi-spa.

Other features include air conditioning in lounges and pre-installation to bedrooms, acoustic floor insulation, fireplaces in the townhouses and selected apartments, security entrance doors

and electrically operated security shutters to all patio doors. Storage rooms are provided in basements and each unit has an allocated car parking space.

The village design features orange, almond, olive and fig trees and, on a grander scale, the leisure and recreation facilities include two swimming pools with large sun terraces and a children's play area. For owners who do not have the time or inclination to

furnish their properties Newlyn provide, furniture packages available in a choice of styles and budgets, there is even an onsite management office to take care of administration, rental and management matters. Newlyn, a passion for building.

For more information or to book a viewing call: (+351) 289 320 180, emailsales@opomar.net, or see website: www.opomar.net.



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Get your home's exterior in shape for summer



Men painting the outside of a house.



Get those jobs done with a little help from DIY guru Julia Gray. This week: Get the outside of your home in shape for summer or better still get someone else to do it.

Top tips for... preparing to decorate your home's exterior

- Your home's exterior requires regular maintenance to keep it in good condition, so give it some TLC now to get it looking its best for summer. The perfect conditions for decorating outside are dry, warm and overcast weather, as high temperatures can cause paint to blister. Like any decorating task, preparation usually takes much longer than the painting itself, but is essential for a good finish and to prolong the life of the redecoration.

- It's important not to cut corners with the quality of your tools and materials. You'll need a range of different-sized brushes, preferably no-bristle-loss ones, as well as a long-pile exterior roller. Or, if the walls are very rough, a 15cm-wide brush (you can get brushes designed for masonry paint).

- You'll need masonry paint or exterior emulsion for the walls - opt for products that are hard-wearing and quick-drying, have added ingredients such as fungicide to inhibit mould growth, and come with a guarantee. New rendering and masonry with a chalky feel should be sealed with a stabilising solution first. Before painting, fill any cracks and holes with exterior filler, clean off any mould and use a wire brush on any rust and flaking paint.

- Choose a quick-drying satin-wood or gloss for the exterior metal and woodwork because you'll get the job done in a fraction of the time it takes with oil-based paints. And, unlike the latter, quick-drying ones are water-based and so shouldn't yellow over time, which is especially important if the paint is white. Start by treating the knots in bare wood with knot-sealing solution, otherwise the resin could bleed through and spoil your paintwork, and then apply



Man painting the window frame on the exterior of a house

primer and undercoat (or the two combined), again preferably quick-drying ones.

- It's a good idea to cover the garden adjoining the house with plastic dustsheets to protect it from paint splashes. You may

also want to mask off gutters, downpipes and woodwork when painting the walls and do the same to the surrounding walls when painting the metal and woodwork.

Ask the expert...

Q: When drilling in walls, I find it difficult to gauge how deep I'm making the hole, and often go in too far. Is there a solution?

A: Yes, wrap masking tape around your drill bit to mark how deep you want the hole to

be. When you drill, only go as far as the tape and your hole should be the right depth.

Q: My sliding patio doors out to the garden are becoming increasingly difficult to open - what can I do about this?

A: The most likely cause is debris blocking the doors's bottom channel. Every time you walk in from the garden, you bring in grass, soil, leaves, twigs, flowers etc on your feet or shoes, which can get depos-

ited in the bottom channel. Clean it out thoroughly with a vacuum cleaner and keep doing this regularly. It may also help to use a lubricant on the top and bottom channels to keep the doors sliding smoothly.

Q: I have a chimney breast in my kitchen that I'd like to remove to create more space. How feasible is this?

A: Don't take out the chimney breast without getting expert advice. If you remove it and there's a chimney breast or breasts in the rooms or flats above it, these will be dangerously unsupported. Start by consulting a structural engineer, ensure you comply with

building regulations (your local council's building control department enforces these), get a party wall agreement in place with your neighbours if, for example, the chimney breast is on a shared wall or underneath their property, and get a reputable builder to do the work.



Win two Discover Scuba Diving experiences

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 little divers (see the pic above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three divers email us with the company names of the three advertisers.



Welcome to Dive Time

Located in the Lagos Marina, Dive Time is a PADI 5 Star Instructor Development Centre that boasts some of the best diving facilities the Algarve has to offer. Whether you're a beginner looking for your first under water experience, a certified diver looking for a new and exciting dive experience or you simply want to go snorkeling, Dive Time is the place for you. Our friendly and lively dive team have many years of experience diving both in Portugal and worldwide and all of our instructors are accredited with PADI (Professional Association of Diving Instructors), the worldwide leaders in diver training, so you can be confident you'll be in safe hands here with us at Dive Time. The Discover Scuba Diving experience is a one day adventure to introduce you to the world of underwater scuba diving. Starting with a small presentation and then moving to the swimming pool for some fun and skills, the idea is to gradually and safely show you the how easy and exciting scuba diving is. Then followed by a dive in the sea with one of Dive Time's instructors, you will get to enjoy the fantastic underwater life that Portugal has to offer.

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HOW TO ENTER:

Study all the adverts in the paper, and look for 3 divers, like the one you will find at the top of this announcement. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at competitions@the-news.net with the company names of the three advertisers. Please write 'Divers' in the subject. We will draw the answers on Wednesday 8th July and the first correct answer that clearly identifies the locations of the divers will win two Discover Scuba Diving experiences. The vouchers will be valid for one year from date given. The winner will be announced the following week.

The winners will be sent a confirmation letter with instructions on how to claim the prize. There is no cash value or alternative to the competition prizes.

Last week's winner of the free weekend for two at The Sheraton Algarve was: Heather Evans

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Ref. C1255
Price: € 320.000



Loulé

- Wooden chalet style villa
- Very good quality build
- Lovely views to coast
- 4 bedrooms 2 bathrooms
- Electric central heating
- Villa 97m² plot 1.506m²

Ref. V1254
Price: € 300.000



Estói

- Spacious attractive villa
- Divided as 3 apartments
- 6 bedrooms 3 bathrooms
- Large pool 13m x 8m
- Large terraces, barbecue
- Gardens, plot of 2.000m²

Ref. V1256
Price: € 450.000



Loulé

- Beautiful spacious villa
- With guest apartment
- Panoramic views to coast
- 5 bedrooms 5 bathrooms
- Heated pool, BBQ terrace
- Villa 240m² plot 3.600m²

Ref. V1257
Price: € 695.000

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Ref: 874 / € 175.000

Three bedroom family home in the centre of the town of Cacela, close to all facilities, lounge open plan to kitchen, three bathrooms one of which is en-suite, patio area with BBQ. Very good value.



Ref: 873 / € 199.000

Two bedroom fantastic apartment with enormous terraces including private roof terrace, on a complex with four pools in Cabanas only five minutes from the boat to the beach and other facilities.



Ref: 859 / € 220.000

Brand new three bedroom, three bathroom, townhouse on a quiet cul de sac in Altura 10 mins walking to the beach, equipped kitchen, garage, and lovely large terrace and patio areas facing south. Good investment.



Ref: 864 / € 225.000

Brand new three bedroom, three bathroom, townhouse on a quiet cul de sac in Altura 10 mins walking to the beach, equipped kitchen, garage, and lovely large terrace and patio areas facing south. Good investment.



Ref: 851 / € 495.000

Semi detached generous villa with enormous external terraces and very large pool in a quiet development only 7 minutes on foot to the beach, equipped kitchen, air con, central vacuum system, and underfloor heating.

VILAGENTE



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Vilamoura

Studio apartment composed of lounge, bathroom and terrace. Furnished, equipped and with air conditioning. Construction area - 54 sq.m.

Ref. A1321

Price: € 70,000



Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Parking space in the basement. Construction area - 74 sq.m.

Ref. A1188

Price: € 110,000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.

Ref: V12595

Price: € 180,000



Boliqueime

Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area: 2.200 sq.m.

Ref: V12585

Price: € 450,000



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SESMARIAS

Ref: V72027

Three bedroom villa located on a very quiet area, only five minutes walking to the beach. 650 sq.m. plot with approx. 208 sq.m. of constructed area. Modern architecture. Top quality finishes. Fully fitted kitchen. Air conditioning. Alarm. Large landscaped garden with swimming pool and barbecue area. Stunning sea and country views. Must be seen to fully appreciate.

Price: € 960.000



VILAMOURA

Ref: A72019

Three bedroom apartment located on a complex with large green areas and communal pool. Very quiet area between the Pinhal and the prestigious Old Course. 115 sq.m. of constructed area. Furnished and equipped. Balcony with BBQ. Neat several golf courses and less than 5 minutes drive from the Marina in Vilamoura and the beach. Excellent letting potential...

Price: € 205.000



S. B. MESSINES

Ref: V72018

Old Wind Mill fabulously transformed into a five bedroom detached villa. Lots of character. Located on very quiet area approx. 5 mins drive from Messines. 1.440sq.m. plot w/ 221sq.m. constr. area. Living room w/ fireplace & separated dining area. Lovely conservatory. Fitted kitchen. Garden w/ sw. pool & ornamental pond. Private parking for several cars. Lovely country views.

Price: € 350.000



ALBUFEIRA

Ref: V82060

Four bedroom detached villa located on a very quiet and residential area. Approx. 15 minutes drive to the beach. 675 sq.m. plot with 287 sq.m. of constructed area. Top quality finishes. Fully fitted kitchen. Living room with fireplace. Four en suite bedrooms. Private garden with lovely pool area.

Price: € 560.000

Simple home solutions

Home sweet home rules now-days, as we've all decided to stay put instead of selling.

Not only that, we're doing more in our homes from entertaining to

exercising and using them as a home office, as we try to slash our spending in the recession and adapt to changing lifestyles.

A recent survey, by YouGov

for homeware chain HomeSense reveals that 32% of us have decided against moving, and only 13% will consider it when the property market improves.

So it makes sense to create a home that caters for every need - whether it's a place to enjoy a DIY spa treatment, a movie, a workout, or a supper party.

Victoria Wright for HomeSense says: "It's no longer enough to have a kitchen, bathroom and bedroom. We find our customers these days want a home that suits their personality and, most importantly, meets a wide variety of needs."

"So it has to be a relaxing haven, and somewhere to keep fit as well as a place they'd be proud to entertain their friends."

If you're looking to get more from your home, then take inspiration from the experts at Reader's Digest, who've produced a bible of savvy tips for the home, called Five Minute Fixes.

It's packed with decorating and interiors solutions that will save you money and make your home look great.

Home facts

- A quarter of us expect guests to clean up their own spills and to

put down a coaster before placing a drink on a surface.

- Nearly 75% of us would prefer guests not to smoke in the home.

- More than one in five people (22%) say guests must take their shoes off when visiting.

- Around one in 10, (10%), completely re-arrange their furniture when expecting guests, and one in 10 completely redecorate.

- Nearly 15% of us have a secret area in the home that's a complete mess, and one in 10 have lost sleep over the fact that their house is not tidy enough.

Sense of space

Q: What can I do to make my living room look larger?

A: Using a large mirror is a time honoured decorator's trick of making a room look larger but large mirrors can be expensive.

An interesting collection of small mirrors is a quick way to open up a room, and if you buy them from car boot sales, charity shops and other budget sources, they needn't cost much more than pocket money.

Pick different shapes and sizes and, if you like, spray paint all the frames the same colour or use colours that work well together.

Decide on the wall for the display and map out an arrangement by using masking tape. Mount the mirrors and remove the tape.

Looking up

Q: My room has low ceilings and it feels oppressive, what can I do?

A: A combination of lighting, picture placement and curtain hanging strategies will create an illusion of height, and can also make a room feel more spacious.

Hang the pictures five to eight centimetres higher than eye level to draw the eye upward.

Use indirect lighting to illuminate the ceiling. Uplighters and lamps with heads that can be aimed upward will allow the light to hit the ceiling and bounce off, bathing the rest of the room in soft light. This creates an illusion of height.

Instead of placing curtain rails at the level of the window frame,



We're all trying to make ends meet, so get some inspiration from Gabrielle Fagan on decorating fixes and interiors solutions that will save you money and make your home look great.

install them up against the ceiling (or at the moulding that edges the ceiling). Then hang long curtains that reach the floor. Drape the curtains to hide the wall above the window, or add a stiffened fabric panel under the curtain to hide the wall.

Decorative details

Q: I want to add sparkle to my rooms but my budget is limited.

A: Make sure you visit charity shops, where you can buy excellent secondhand goods at a fraction of retail prices.

Go to those in more affluent areas where you're likely to find items donated by people who can afford to give away good-quality furnishings when they decorate. Find out the days when they get new deliveries.

Colour story

Q: My expensive oriental rug looks overpowering in my room, what can I do?

A: A slab of bright colour and complex pattern can totally dominate a room, so the only way is to fight back with colour by adding multi-coloured cushions and bright artwork. Cover a chair in a vivid pattern.

These new strong elements will force the rug to settle into the overall scheme.

Bedroom boost

Q: My bedroom looks really dull, but I haven't got the budget for a makeover, any ideas?

A: Use a decorative fabric as a wallcovering, such as a bedsheet with an appealing pattern.

Soak the sheet in full strength liquid starch which will act as a natural adhesive.

Smooth the sheet over the wall behind the bed, starting at the ceiling line and working down. Use a squeegee to smooth out wrinkles.

When you want to redecorate, you can easily pull down the sheet, and the original wall finish will only need wiping down to be restored.

Wicked window

Q: I want an original look for a single window in my house, what do you suggest?

A: Hang 'found objects' in the

window instead of a blind or curtains. Thread nearly visible monofilament fishing line through beads, crystals, Christmas decorations or small pieces of driftwood and attach the lines at the top and bottom of the window frame with drawing pins.

You may want to hide the pins by touching them up with the same paint as used on the windows.

Or use fishing line to tie together a latticework of beautiful dried branches from a small tree or shrub.

Arty solution

Q: I've run out of wall space for all the pictures I want to hang.

A: Rotate your display. Install two or three long, narrow display shelves on a wall.

Arrange some of your favourites, putting several frames on each shelf, and lean them against the wall. After a few months, take these pictures down and put up others. Store the pictures you're not displaying in document boxes so they're protected from light and dust.

Entry chaos

Q: My front hall's a mess, and I'm always losing things.

A: Assign everyone in the family with his or her own 'in' and 'out' basket or area. This could be a set of stacking baskets, or a shelf in a cupboard. Make sure they're emptied once a week.

Use a basket on a hall table, for small fiddly portable items from phones to sun glasses and keys.

First impressions

Q: My front door is so shabby it lets down the appearance of the whole house.

A: Painting a front door is an excellent job for a sunny weekend. Before painting, it may be a good idea to remove the handles, plates and lock mechanism, which makes the painting job much easier.

To prepare, remove any flaking paint from the surface and give it a rub down with sand paper. Paint the door in the following order - mouldings, panels, centre upright, horizontals - top and bottom, side verticals, edges and finally frame.



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Lagos: Meia Praia, Ref: S417

Excellent Price! €495,000.

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Time-saving tips for watering



As container plants begin to flourish and hanging baskets start to look their best, it's the watering that's the hassle. It's the most time-consuming chore of summer, especially if you have loads of pots.



Whether you have just a few pots to water by hand ...

We should of course be growing drought-tolerant plants such as geraniums, agapanthus, alliums, phormiums, euphorbias, hebes, verbascum and nepeta to ease the burden of watering, and most established shrubs and perennials need less watering because their roots go deep enough to find moisture.

If you don't want to be limited in the plants you choose, you can install automatic irrigation systems. Choose a system which has a supply pipe that carries the water around the garden, and micro-tubing that can be fitted with individual nozzles which drip water at an even rate. Starter kits are available for self-assembly, and you can add extra pipes and nozzles later to extend the system.

Connect the system to an outside tap and turn it on and off by hand, or add a timing device to do it automatically.

The busy gardener should focus only on plants that need watering: those in containers; and newly-planted specimens in borders, which will need to be kept moist until they are established.

Don't get the hosepipe out to your borders in full sun on a hot day as lightly spraying the surface does no good at all, and in any

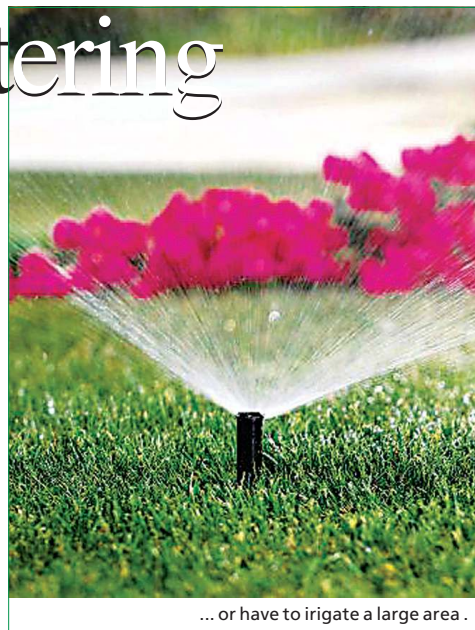
case very few areas of the garden need watering daily.

Some vegetables will also need regular watering as they develop. Peas and beans should be watered frequently when the pods start to swell, while tomatoes and courgettes are also thirsty plants and need plenty of water as the fruit develops. With tomatoes, don't go days without watering and then drench them. If you do, the base of the fruit is likely to split or the tomatoes may develop blossom-end rot - a dry, hard brownish coat at the base of the fruit which will ruin them.

Leafy crops such as lettuce are less likely to bolt if they are kept moist, while tubers, such as potatoes, will need water throughout the growing season.

Light watering is not the answer for most plants, as it just wets the surface of the soil - which encourages shallow rooting - and also evaporates more quickly.

In hot weather, water in early morning or evening to reduce evaporation, and try to keep it around the base of the stem. Aim water at the roots of trees by inserting a section of drainpipe filled with gravel next to the tree, and then pouring water down that - it should go directly where



... or have to irrigate a large area.

it's needed.

Make a ridge of soil around shrubs which will hold the water in place as it soaks in. For plants in rows or smaller plants, install a seep hose.

Alternatively, sink a plastic flower pot into the ground next to a plant which is likely to need watering and fill it up, which directs the water under the surface to the rooting zone of the plant.

On the patio, you can buy equipment which will save time on watering by hand. Line porous containers with polythene before

planting, but don't cover the drainage holes. There are also self-watering containers with a reservoir built into the base and a wick connecting the reservoir to the compost. Stand summer pots on pot saucers so at least some of the water which has drained out will remain at the base and hopefully still seep up into the soil.

A few easy changes to your watering habits should mean you can still enjoy your garden without having the hose out all the time.

Hannah Stephenson

Three ways to ...

a quicker cut

1. Form a hard surface strip about four inches (10cm) wide, using bricks or concrete, at the same level as the grass to form a mowing edge at the base of walls and fences. That way, you'll eliminate the need for a strimmer.
2. Avoid obstacles in the lawn such as seats, trees, bird tables and play equipment, which is difficult to mow around.
3. Design out any tight corners of grass which are not wide enough for mower access.

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From plot to plate

Rosemary (*Rosmarinus officinalis*)

It's easy to grow and makes a valuable addition to both the kitchen garden and the ornamental border as a shrub, producing pretty blue flowers with contrast well with its deep green 'needles'.

For me, it tastes best with roast lamb, with sliced garlic cloves and sprigs of rosemary infusing the meat.

It should be planted in late spring or early summer in a warm, sunny spot with well-drained soil, so it is allowed to establish itself before winter.

Good plant partners include lavenders and ornamental sage, but you can make rosemary into a dwarf-edging plant to a vegetable patch if you keep it well clipped. As it's evergreen, you can pick sprigs all year round.

Good varieties include 'Savenn Sea', which is extremely aromatic, and 'Miss Jessopp's Upright', a vertical form which can grow to around 1.5m tall and is good for training as a hedge.

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The word 'sun' written with high protection sunscreen on the back of a teenage girl

Ask the Expert

Q: "My 13-year-old daughter says she puts sunscreen on when it's sunny, but she's got a tan so I'm not sure she's being honest. What's wrong with her having a tan, as long as she doesn't burn?"

A: Rebecca Freeman, spokesperson for the British Association of Dermatologists, says: "If your daughter's wearing sunscreen and still getting a tan, it may be that she's not applying enough sunscreen and isn't choosing a high enough SPF level for her skin tone."

"SPF 15 is fine if you're applying it thickly, but we would recommend an SPF 30 in case it's applied too thinly."

"In a recent survey carried out by Sunsense, 64% of youngsters admitted they'd suffered from sun damage or got burnt an average of four times during their lives. If you're naturally pale-skinned and desperate to look bronzed, it's best to use a fake tan rather than risking permanent damage through sunburn and heavy tanning, which can cause skin cancer."

"Having tanned skin is a sign that the skin's damaged. However, no-one wants to spend the entire summer indoors, so taking a few steps when in the sun will help protect you from sunburn and the risk of skin cancer."

"Firstly, protect the skin by covering up with clothing and a hat, spend time in the shade between 11am and 3pm when it's sunny, and always use a sunscreen on exposed areas of your body, and re-apply it regularly."

"If your daughter is being economical with the truth about sunscreen, you aren't alone. Six out of 10 youngsters in the Sunsense survey admitted they lie to their parents, saying they're not. If your daughter is set on getting a tan, remind her that regular sun exposure will lead to wrinkles in her thirties."

Three ways to...

get more sleep when you've got a new baby.

1. Try to sleep when your baby does.
2. Share night feeds with your partner, expressing milk if you're breastfeeding.
3. When your baby cries in the night, if she's not hungry or uncomfortable then leave her for a few minutes as she could simply be settling and may drift off again.

Readers Tip

If you hold the back of the seat when teaching your child to ride a bike, don't trick them by saying you're holding on when you're not. If they crash, they won't trust you again.

Ministers have been urged to stop tour operators raising their prices during school holidays.

UK Tory MP Philip Hollobone said "premium pricing" was forcing some parents to take their children out of school during term time because it was the only way they could afford a holiday.

While the "vast majority" of parents arranged for their families to go away during the school breaks, Hollobone said ending price fluctuation would help to stop children being taken out of school during term time.

Schools Minister Vernon Coaker said headteachers were already clamping down on term-time holidays and that the Government expected children to be in school when they were supposed to be there. And if tour operators didn't put prices up during school holidays, they probably would be.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Smoking in cars carrying children should be banned, a child expert has said.

Professor Terence Stephenson, the head of the Royal College of Paediatrics and Child Health, argued it should be illegal to inflict smoke on youngsters in cars and rejected claims that it amounted to introducing a nanny state.

He wrote on a BBC website: "Why on earth would you light up in your car while your children are sitting quite happily in the back?"

"You can't inflict this on your colleagues at work anymore -

why should we treat our children's health as a lower priority than our employees?"

A spokeswoman for the Department of Health said the Government would review smokefree laws next year, and added: "We would always strongly recommend that people do not smoke in cars, especially those used to transport children."

"Exposing children to second-hand tobacco smoke is very dangerous."

Expecting teaching assistants to administer medicines and treatment to pupils without proper training is "an accident waiting to happen", union leaders have warned.

Unison, the public sector union, wants a review of medical procedures carried out in schools.

Seven in 10 teaching assistants and school support staff are expected to give medicines for conditions such as asthma

and diabetes, and more than eight in 10 have to carry out medical procedures including changing colostomy bags, a survey commissioned by the union found.

Half of those questioned were not aware that these were voluntary duties.

Giving medicines is one thing, but surely doing something like changing a colostomy bag does need proper training?

Teaching assistant administering asthma medicine to a pupil



Award - winning Skin & Beauty Products and Treatments at Senses...Skin Care Centre

Tim and Suzie at Senses... Skin Care Centre in Lagos are committed in achieving their aim of being the leading beauty and skin care centre on the Algarve, despite the current economic climate they are both determined to offer their customers the very best in products, treatments and service.

In 2008 Suzie and Tim introduced the Bio Ultimate Platinum Machine. This leading Non Surgical Facelift Machine has been featured on Oprah and numerous TV programmes in the UK. The machine is a Microcurrent muscle lifting machine that is used to lift, tone and firm facial muscles. This machine is also used to increase and promote collagen and elastin production and Suzie has seen impressive results in the treatment of pigmentation (age spots) through the combination of the machine and Dermalogica products.

Suzie and Tim are both pleased to announce that both Botox and Dermal Fillers are now available at the Lagos based salon, making the centre one of the only salons on the Western Algarve to offer this type of treatment.

Diane Summers, a aesthetic nurse specialist will be carrying out the treatments at the salon. Diane has worked in the industry for over 20 years and it is this level of experience that gave Suzie and Tim the confidence to introduce the new treatments. Radiessence is one of the most exciting treatments that Diane will be offering at Senses. This Dermal Filler has been voted product of the year and it's easy to see why. Radiessence restores a youthful look in less than one hour and gives immediate results, it feels soft and natural as it stimulates the growth of the body's own collagen. Unlike other Dermal Fillers Radiessence can last up to 18 months. Despite only being available at Senses... for one month it has already attracted much attention and as more of our clients experience this revolutionary product we are sure that it's popularity will grow. The product can be used on most areas of the face and can also be used on the hands with incredible results. Now is the time when people really want to feel

good about themselves and Senses... have some really great offers to give your anti ageing skin care routine a kick start. Throughout the month of July Suzie and Tim are pleased to announce a one time only offer of 25% off their Bio Ultimate Platinum Non Surgical Facelift courses (voted one of the best anti ageing treatments) courses. If you're not ready to commit to a full course the 25 Euro taster facial is still available so you can try before you buy a course of treatments. We currently have special offers on Botox treatments too.

Suzie, the senior therapist at Senses and regular writer for the Portugal news is committed to ensuring that she gives honest and knowledgeable advice to all her clients. Suzie is happy to discuss any treatments and products with you wherever you are in the Algarve so don't hesitate to call. Alternatively you could book in for a free anti ageing consultation and Suzie will advise you of the best course of action for you to take.

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Call now to book your free Anti Ageing Consultation with Suzie the senior therapist at Senses. Product of the year 'Radiessence' now available, book now to ensure you get one of the first appointments with the only Radiessence Specialist on the Algarve.



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Website of the week:

Bones4life.org

This new website from the UK's National Osteoporosis Society aims to help prevent bone disease and fractures in later life, with research having found that 49% of young people don't know how to keep their bones healthy.

The site promotes healthy eating and exercise for children,

with the help of colourful characters and educational activities.

The teachers' section includes fact sheets about healthy bones and a variety of activities for adults to enjoy with children, while the kids' section includes a flash game, fun educational quizzes and a gallery where their work can be posted.

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Summer Beauty Must Have's

The beauty industry is booming and there are more products and treatments available than ever before. But when it comes to choosing the hottest treatments and products you'll need more than a targeted marketing campaign to know what's right for you - you need professional advice.



A pedicure is the ideal way to get your feet ready for summer

Back to basics

Some beauty treatments will never go out of fashion and the classic pedicure is one of them. There is no doubt that this is a beauty salon basic, but sometimes that's all you need. A pedicure is the ideal way to get your feet ready for summer. A pedicure should leave your skin soft, your nails filed, your cuticles tidied and your toenails perfectly painted. Treat yourself to at least one pedicure this summer, it is a must have. In terms of colours, bright, bright, bright. Don't hold back, with neat and tidy toes you need a colour that will shout 'look at me'. Bright pinks, neon oranges, peacock blues it's all about colour this summer.



Buy a good facial moisturiser with minimum spf15 and start using it today

Sun Protection

The single most important product in your skin care regime. If you do nothing else buy a good facial moisturiser with minimum spf15 and start using it today. Sun damage is the leading cause of skin ageing, dehydration and pigmentation. Getting a tan is not worth the long term damage that it will cause. Make sun protection the one product you use religiously every single day, not just when it's sunny, but when it is cloudy, rainy, stormy... whatever the weather use sun protection.

Quench Your Thirst

Apart from your trusty tube of sun protection there is only one other must have item that you should never leave the house without and that's a bottle of water. I don't care if it's a slick looking sports bottle, a bashed around plastic bottle or a pretty pink flask as long as it's got water in it that's all that matters. Try to get used to drinking 2 litres every day, you'll feel so much better. Your energy level will rise, you'll tolerate the heat better and your skin will improve immensely.

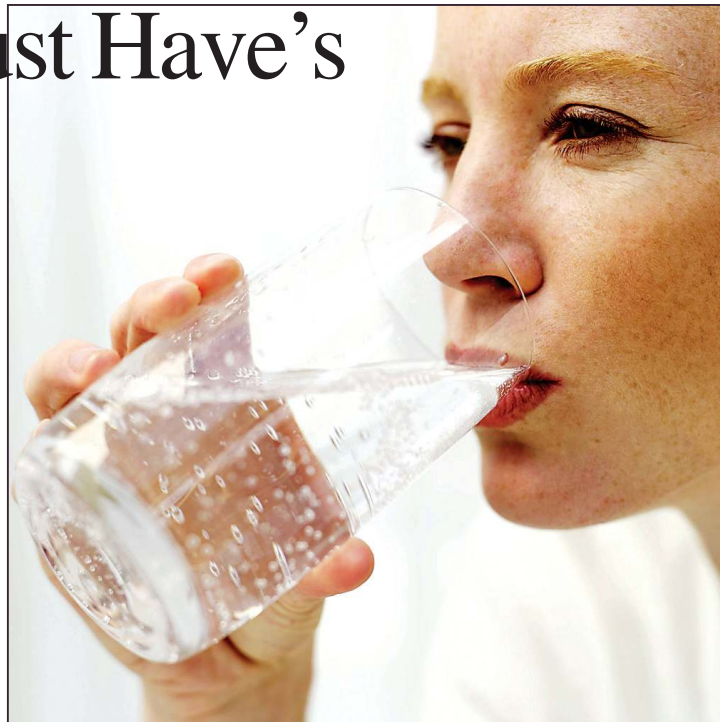
10 Year Younger Treatments

Anti Ageing treatments are still the most popular must have treatment this summer. Ageing

is something that all my clients (young and old) think about. Treating the signs of ageing and getting positive results makes people feel good about themselves. The change that you see after having a course of Non Surgical Facelift treatments can not only make you look younger but it can make you feel younger too. You can do as little or as much as you like when it comes to ageing, what you will need to do to get good results however, will depend greatly upon your age and your skin condition. The basic anti ageing programme should begin with products. Use an eye cream with anti oxidant vitamins and a nourishing moisturiser to prevent your skin from drying out. As your skin starts to age more you may want to consider opting for a Non Surgical Facelift Treatment. These treatments are carried out using a Microcurrent machine and are used to lift, tone and firm facial muscles. You can get excellent results with this type of treatment and it is certainly one of the most popular treatments in my salon.

Product of the Year

How can the product of the year not be a must have treatment? This year Radiesse has been voted the 'Product of the Year'. This is a revolutionary new dermal filler and can be used on all areas of the face. This filler is injected under the surface



Try to get used to drinking 2 litres every day

of the skin to plump out and firm specific areas. This filler is so different from other fillers as it looks completely natural, it remains soft and pliable and can last for up to 18 months. This treatment is taking the UK by storm and has only recently become available in Portugal - so if you want it you can get it.

Beauty and Skin Care is a very complex subject and any new product purchase or treatment experience should be considered carefully. If you have any questions regarding any of the products and treatments discussed

please just ask... it's what I'm here for.
Suzie Bell, Senses... Skin Care

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Have a healthy,



Trench foot - experienced by soldiers in the muddy, flooded trenches during the First World War - is a common peril at festivals!

of summer. But all that roughing it, barely sleeping and dining on festival fast food can wreak havoc with your health.

"Festivals are great occasions," says Dr Chris Howes, medical director of Festival Medical Services, which provides support at some of the UK's largest festivals. "But people should be aware that with a huge mass of people gathered together and only basic facilities there can be health risks."

Many festival-goers are totally unprepared for the challenges of living outdoors. They throw themselves into energetic dancing, snatch some sleep on damp, hard ground, and take part in risky festival rituals such as 'crowd surfing' where individuals are passed over the heads of the crowd.

It can all have medical consequences ranging from food poisoning, exhaustion, back and neck problems, through to serious injuries. "Many injuries and health complaints could be avoided with sensible planning and being realistic about your physical limitations, for instance a bad back," says Dr Howes.

He suggests instead that simple, sensible precautions - such as ensuring camping kit includes sufficient medication for an existing condition such as asthma as well as supportive camping mats or chairs - could mean many festival-goers take home only good memories rather than aches, pains or lingering injuries.

To make sure that the festival ends on a high rather than in tears, follow this "survival guide".

:: When you arrive

Music festivals are firmly established as one of the highlights

Locate medical centres as soon as you arrive, and make yourself

known to the staff if you have an existing medical condition.

Dr Howes says: "If you're pregnant and near your due date, definitely let medical staff know on arrival. Asthmatics should bring inhalers and spare cartridges and hayfever sufferers enough antihistamines for the stay. Take a basic first aid kit."

:: Alcohol awareness

If you're drinking alcohol, take it easy.

Dr Howes, who gives festival health guidance at: www.nhs.uk, says: "A combination of heat, dancing and alcohol can quickly dehydrate you and make you thirsty. This is often why many people unwisely and sometimes unwittingly end up consuming a lot more alcohol than they normally would."

Drink plenty of water - many festivals supply free fresh water - and keep a bottle with you at all times. Try to ensure every other drink is water or a soft drink and eat regularly. If you're tired, alcohol hits your system harder and faster.

:: Crowd surfing

Crowd surfing, 'moshing' and headbanging are traditional but extremely risky festival rituals.

Chartered physiotherapist Sammy Margo warns: "We don't recommend taking part in any of these. The injuries suffered are on a par with an extreme sport."

"If a surfer gets dropped they can get whiplash-type injuries, resulting in muscle spasms in the neck and lower back, leg injuries and bruising. Those taking part in the crowd can also be vulnerable to head and neck injuries."

Moshing - where people shove and push others in the area in front of the stage called the "mosh pit" - can result in bruising, concussion and whiplash.

Headbanging, or violently rocking the head back and forth to loud music, may, according to a Australian study, cause long-term head and neck pain, and at worst "mild traumatic brain injury".

Margo advises: "Take precautions if you do take part. For instance, if you're being surfed over the crowd and realise you're being accidentally dropped, relax into the fall instead of tensing up."

"You're liable to be more supple, and less likely to injury from

Festival's around the world might be fun, but the noise, the mud/heat, the booze, and being packed in with thousands of other festivalgoers can all take a toll on your health. We have put together a health survival kit so your outing's a success and not marred by ailments.

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happy festival

falling awkwardly."

Also, remove jewellery and piercings so they can't get ripped off in the mayhem. Don't wear shoes with heels, studs or steel caps.

If you're moshing, keep arms at your side to avoid inadvertently punching someone as you get shoved from person to person. For more guidance check out: www.nhs.uk

:: Trench foot

Trench foot - experienced by soldiers in the muddy, flooded trenches during the First World War - is a common peril at festivals.

"It's an infection of the feet due to prolonged exposure to cold, wet, insanitary conditions," explains Dr Howes.

"The feet gradually go numb, swell and start turning red or blue, and it can lead to sores and blisters with a potential for infection. The only way to prevent trench foot is to keep your feet dry which will also help you avoid other fungal infections."

Take waterproof wellies and dry cotton socks to change into, and try to wash and dry feet regularly. If possible, take shoes and socks off at night.

Flip-flops are not suitable festival wear. Trainers are a better option as they are supportive and may also help to avoid strain and injury from dancing sessions on hard ground, as well as keeping you stable on wet ground.

:: Safe sex

Having sex without a condom increases the chance of pregnancy or catching a sexually transmitted infection (STI) such as chlamydia, gonorrhoea or syphilis.

Emergency contraception and sexual health advice is generally available at on site medical centres. "If you have unprotected sex and need emergency contraception, go to the medical centre. The quicker you get it, the more effective it is," says Dr Howes.

:: Protect your hearing

Damaged hearing can be an unwanted souvenir from a music festival.

Volumes of 137 decibels have been recorded near music stages at some festivals, and this is only a few decibels lower than being next to a jet plane taking off.

A survey last year of nearly 3,000 festival-goers reported that 84% experienced dullness of hearing or ringing in the ears.

Donna Tipping of the Royal National Institute for Deaf People (RNID), which commissioned the study, says: "These are the first signs of hearing damage. Next morning or a couple of days later, your hearing may gradually return to normal but over time, with continued exposure, there can be permanent, irreversible damage."

Tipping says: "Be aware of

risks. For instance if you can't talk to someone two metres away without shouting, the noise level could be damaging."

Wear special earplugs, used by many DJs and musicians, stand away from speakers and take regular breaks from the loudest areas.

:: Sun care

Hours can fly by when you're in the zone with the music, and it's easy to suffer sunburn or sunstroke.

Boots pharmacist Angela Chalmers advises: "It doesn't take much sun to get severely burned or have sunstroke."

Apply sunscreen with a minimum factor of 30. Chalmers adds: "Take breaks in the shade away from direct sun, avoid the hottest sun between 11am and 3pm, and wear a hat. Sip water throughout the day to avoid dehydration."

Sunstroke symptoms may include dizziness, nausea, delirium and slurred speech, and the condition needs prompt medical attention.

:: Drug sense

Don't feel under pressure to try anything: remember you don't know what you're getting, drugs are illegal and may be harmful.

Make yourself aware of drugs and their risks before you attend a festival. One helpful source could be Government drug information services.

"Try not to mix drugs and drink as it will make you sick," said Dr Howes. "If you're a regular drug user, don't take more than you're used to."

If you do decide to take something, stay with your friends and tell them what you think you've taken.

Beware of drink-spiking. Don't accept alcoholic drinks from people you don't know and don't let your drink out of your sight.

:: Avoid burns

Camping gas accidents are the most common cause of serious burns at festivals.

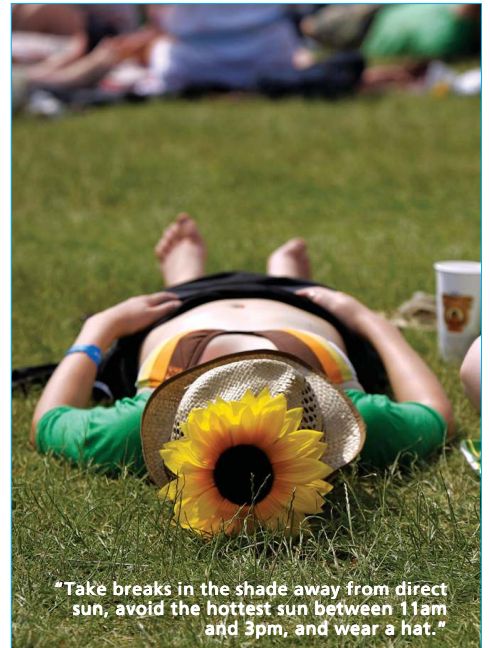
Safety experts warn that gas canisters should never be changed in or near a tent. It's essential to check that a canister is threaded properly before lighting.

Similarly, barbecues should be sited a safe distance from tents, and only lit with recognised fire-lighters or starter fuel, NOT petrol, and then only on cold coals.

Illegal flares are another hazard, as they may spit, run, and cause wax burns. "Every year, unapproved flares and candles cause very nasty, sight-threatening eye injuries. You should only buy from authorised dealers," says Dr Howes.

:: Hypothermia

Waterproof and warm clothing is essential as hypothermia, where body temperature drops, is a risk when the temperature



"Take breaks in the shade away from direct sun, avoid the hottest sun between 11am and 3pm, and wear a hat."

falls at night, especially if clothes are damp with sweat.

Mild symptoms can include shivering, feeling cold, low energy, and cold, pale skin. These can escalate to moderate symptoms including violent, uncon-

trollable shivering, inability to think or pay attention to events, difficulty moving around or stumbling, and feeling fearful. Medical attention should be sought promptly.

Gabrielle Fagan

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Hot, Hot Dogs



First that came to mind is one recommended to me many years ago by my many support group friends, sadly back then I couldn't find it when I needed it for Lennie

So summer temperatures have soared and I am actually writing this at after 02.00am as I and 4 dogs are too hot to sleep. We are all fidgeting; they are drinking gallons and moving from one bit of floor to the other regularly, it's a bit like the changing of the guards to be honest. We have the fan on full pelt blowing the fur around but we are still all too hot. I have removed all their Merino winter beds as obviously no one wants to be curled up on sheepskin any longer — next problem for me being where to store them as they are so large!

So, I am on the hunt for products to help them. Short of moving to Iceland that is!!

but we now have it in the our shop. Rock Sulphur. It is an additive for their water that cools the blood. Natural Minerals disperse within the water to keep the animals cool. Now — interestingly, I was at Loures Dog Show on Saturday near Lisbon where it seems there is an orange alert because of the temperature, it was unpleasantly hot. I was not feeling at all well and good friends gave me a drink which they said contained minerals and vitamins and would cool me down, balance me and I would feel better again. Well it worked so I must find myself some equivalent to Rock

Sulphur. Meanwhile I intend to get some Rock Sulphur for my dogs as soon as I can.

I have put them all on Dorwest Easy Green in the last couple of days. This contains Spinach, Parsley and Watercress all finely powdered. Naturally rich in iron, Vitamin C, Chlorophyll, Calcium and Magnesium and is very helpful in preventing overheating. It is also beneficial for dogs fighting skin conditions.



My two Waterdogs are swimming everyday and loving it — the coats are suffering however and intensive coat care will have to start again in earnest very soon. Cassie managed to jump in the pool on Day 1, swim around for sometime but I had now decided that perhaps she doesn't really like it after all!

Back to my dog show, this really was the hottest this year and it was a challenge for all to keep the dogs cool and hydrated. Some people have plastic fans in the

cages but they do not seem to be very effective. I am very lucky as a few years ago when I got my show cages — both of which have black windows which help keep them cool — I also got the silver reversible covers. Pictures below. The grey side is waterproof so handy during a freak storm and it keeps the cage warm at the winter shows, the silver is reflective and is very effective. Cassie was quite happy in her crate and it was at one stage suggested I joined her — no room however as she has grown rather! The cage was definitely cool. Some of you may remember at her first show she actually bolted from the cage, wrecking both cage and reflective cover — luckily I had a replacement cage cover and a reflective cover is on its way. Reason for reference is that 3 months on she loves that cage and through choice will curl up in it. I can now take a comfort break with a friend watching her and she does not even try and escape — it has become her safety 'blanket'. Here I am at 2am wondering whether it would help my dogs to put up my two cages on my landing with the reflective covers on, whether it would be a cooler home for them at the moment. That's a thought for tomorrow but may cause rather too much disruption in the house at this hour of the night.

I made a discovery at the show, that Cassie only likes freezing water it seems. So that will be my challenge for the Lisbon weekend. Obviously by mid afternoon my water in its ice bags was no longer cold and she was refusing to drink which I knew she would. On the way home just over the bridge I called at a garage, picked up a 1.5 Iced Water, Cassie and I drank the lot very quickly.

I had wished at the show that I had bought Cassie a Kool Coat which she desperately needed at the weekend — I shall have to reorder. Yes it would have flattened her coat but it was so hot I think I would have accepted that and just spent an extra 5 mins on the coat pre-ring. If anyone thinks they would like one please just email or ring me. They are very effective and would have helped at the show.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Jan Cobley
Paws 4 Pets 916 273 376
www.paws4pets.net

Portuguese Water Dogs Puppies

Due to a change in circumstances of some families, there are suddenly three sixteen week old PWD pups looking for loving homes as soon as possible. They are fully vaccinated, have micro-chips fitted and have had Rabies vaccinations and have Pet Passports. However, this will cover mainland Europe, they will not be able to travel to the UK. For more details and to meet these cute pups, please ring 916 432 816

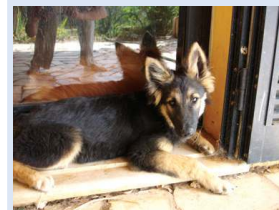
Portuguese Water Dogs' Water Trials - 18th & 19th July

The next Water Trial is at Olhao on Sunday 19th July at 10.00am. This coincides with the Portuguese Water Dog Monografia — or Speciality, an important date for us. The monografia will be held on Saturday 18th July 2009 at 17.30pm at the Jardim do Pescador. This will be a PWD spectacle with lots of PWDs. They will be arriving from all over this country and further afield. So, if you like to see 'en masse' PWD there is your chance, all ages, colours and sizes.

Jan Cobley / Paws 4 Pets 916 273 376 /
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Hi There !

3 Very Large adorable pups approx 13 weeks. They were dumped in Faro, very playful, looks like they will be big dogs. Very good and kind temperaments. Mum and dad also available. Please call me if you want one or know of anyone who does.
Tania 935 432 221



Hi If anyone wants a German shepherd pup, it's a cross so may end up a bit smaller, but looks like German shepherd so far. Approx 13/14 weeks old. Very timid as the poor thing has been locked up and has had no contact and

is very skinny; And needs a kind home.
Call Tania 935 432 221



"Small dogs are seeking nice loving homes" or something similar. All of them are tested negative for heart worm, wormed, defleaded, vaccinated and neutered. Call Valérie for a visit on 913 860 865 or 282 342 823 (evenings) / lili10.evann@yahoo.fr

VICKIE is a lovely young bitch. She is 10 months

old, very gentle and always ready for a cuddle. Vickie is an ideal little dog and is so easy to handle.

SCOTTY is a very young little dog. He is very playful and likes very much children. Scotty enjoys long walks.



BISCUIT is a small little dog. He was found in Parchal 3 months ago in a bad state (attacked by other dogs). He is a bit shy to start with but he will blossom in the right hands. Biscuit is gorgeous and very kind, he has a beautiful coat.

RACHEL is a lovely young bitch. She is small and very affectionate with people. Rachel is a very loyal little dog. If you are looking for a nice sweet little dog, she is a good choice!



ANNIE is a very nice little bitch. She needs to lose a bit of weight but she loves long walks so it shouldn't be too difficult! She is a spaniel X very affectionate and she likes other dogs. She follows without a lead and she is house trained.



Another 'Happy Ending'



Robert with Astrid, Matilda, Wakie and Goofy

Astrid (the dark brown dog on the picture), was adopted because Mr Robert, an English gentleman, saw a Bianca advert in *The Portugal News*. The advert was of another dog, but he found Astrid on the webpage

and decided to give her a home. This is the letter that Matilda, Wakie and Goofy (the other dogs in the picture, one is behind the chair), wrote to Astrid's rescuer: "Dear Ana: Astrid has told us about the day last March when —

wet, cold and hungry — you rescued her from the highway where she was limping along not knowing where to go. You took her to your refuge and tried to mend her broken leg before showing her photograph on your site ready to find a new owner. Here is a recent photograph from which you will see that she has put on a little weight and is running well!

Love and wet licks to you and all the kind people at Bianca, Matilda, Wakie and Goofy".

The mission of Bianca, a NonProfit Organization Rescue and Adoption of dogs and cats, is to rescue animals in danger from the streets and from irresponsible owners, and to promote the responsible adoption of pets. Bianca educates the public about the overpopulation problem and how important it is to neuter the animals to stop their suffering!

See more on:
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Nearly 20 kittens born in April and May this year rescued from the streets and port of Sesimbra are looking for a new home. To see pictures: www.bianca.pt/english



If you would like to adopt them, please contact us at: sesimbra.bianca@gmail.com

We will have an adoption fair in Sesimbra on Saturday 4th of July, please see the webpage.
www.bianca.pt/english

Bianca

Discover Jordan's ancient mysteries

Jordan's story is certainly complex. Positioned at the crossroads of inter-continental trade routes, it has been an important conquest in the little black book of many an ambitious empire.

We are perched high above the valley in the wild, magnificent Dana Nature Reserve, peering west across the dramatic swoop of the landscape towards the distant horizon where Jordan, possibly the world, comes to an end.

All the big hitters of the ancient world - Babylonians, Egyptians, Greeks, Romans, Persians and finally the British - ruled here at one time or another. Today, Jordan is an oasis of calm in a region racked by bitter, violent dispute. It is encircled by instability - with Iraq on its north-east border, Israel and the Palestinian territories to the west and Syria in the north.

The extraordinary geography of this country has its own story, which cannot be told without reference to water. Twenty million years ago, shifting tectonic plates created a vast geological fissure that extends southward from the Jordan Valley through the Gulf of Aqaba and the Red Sea.

Water covering much of the country was swallowed into the fractured earth, exposing this former seabed to the sun. And while no visitor to Jordan would consider their trip complete without enjoying the aquatic delights of the Dead and Red Seas, the country is also desperately water poor. Its current consumption of about 200,000 litres of water per person per year compares with around 900,000 in Syria and 1.65 million in the United States.

This sobering statistic encouraged me to keep my showers brief at Dana's wonderful Rummana Campsite. The 76,000-acre reserve is home to about 600 species of plants, 37 species of mammals and 190 species of birds across its three climatic areas, and is the perfect place to discover the wilder side of Jordan.

Arriving after a sumptuous lunch at the Dana Guesthouse, where my senses were caught in a delightful tug-of-war between the mouth-watering array of locally-produced cuisine and jaw-dropping views, I travelled with a small group to the campsite.

The 'Dana Shuttle' is the only vehicle allowed to make the winding journey to the remote plateau with its cluster of sail-white tents surrounded by serene red mountains. Strict rules laid down by Jordan's Royal Society for the Conservation of Nature ensure the environment is protected - happily they also give Rummana's guests a sense of utter seclusion.

Our host is Saleh, a Bedouin whose eloquence is matched by his evident enchantment with the place where his family has lived for generations. He takes me on a short hike, rich with observations: the rock to climb for the best views; the onion-like plant favoured by local hedgehogs; a badger sett; the paw print of a lynx in the dust. A long black snake spotted during the evening meal provides a shiver of excitement, but deters no-one from a long night around the campfire.

My next stop is another of Jordan's mysteries - the ancient city of Petra. Built by the industrious Nabatean people, this legendary city once dominated the trading routes of ancient Arabia, sheltering caravans laden with Indian spices and African ivory in its streets, deep inside a narrow desert gorge.

Petra's wealth eventually attracted the wrath of Rome, and it was attacked and stripped of its power. Lost to Western history until a Swiss traveller named Johann Ludwig Burckhardt stumbled upon the ruins in 1812.

Walking through corridors of

sheer rock - or siq - torn open in a prehistoric earthquake, I am struck with the otherworldliness of the place. Two millennia of gentle erosion from the desert wind have brushed a startling array of colours into the sandstone, from soft puce to fiery ochre.

Suddenly, I find myself in a huge open courtyard facing the magnificent facade of Petra's Treasury carved into the cliff face. I half expect to see Indiana Jones leap from the entrance. A steep climb in the murderous heat is rewarded by the ethereal Monastery - and a chilled drink at a mountain-top cafe.

My bed for the night is calling me amid the whispering mountains of Wadi Rum, in south-west Jordan. This is Lawrence of Arabia land: rugged, silent and awe-inspiring. After more than an hour bouncing across the desert our guide points out the crumbling remains of a stone dwelling, in which Lawrence lived for years, apparently. He described Wadi Rum as "vast, echoing and godlike" and as the sun sets over our little camp, I begin to see what he meant.

Our host Mzied has given visitors a taste of traditional Bedouin camping for decades, and provides a many-course feast including the Jordanian speciality maqluba. This delicious casserole of meat, vegetables and rice is cooked in one pot and flipped onto a dish to serve, hence its

name: 'upside down'.

Heading south, its time to don a snorkel for an exploration of the Red Sea coral reef and potter happily around this colourful underwater garden for an afternoon, befriending a family of pink squid before coming up for air and a fish lunch.

Circled by a glittering necklace of salt crystals, the Dead Sea is a cruel mirage in a country with such water problems. Dense with salt, you cannot drink it or swim in it, and the only creatures able to live in it are two hardy species of bacteria.

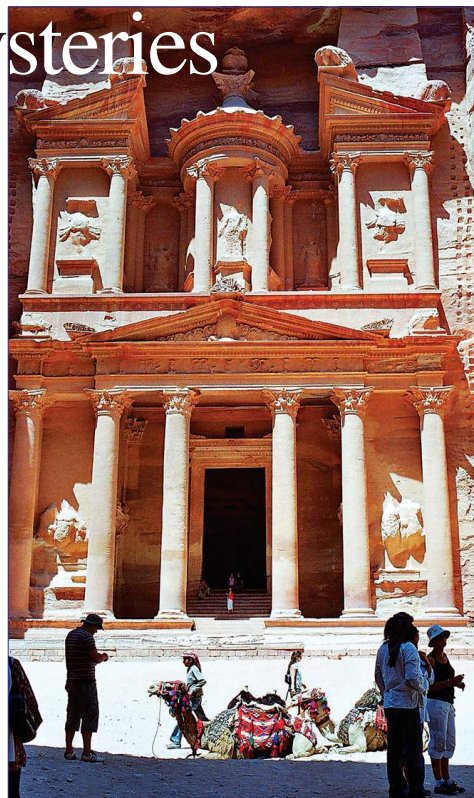
The new kid on the shoreline is the huge, elegant Kempinski Ishtar. With a chic spa and sumptuous waterfront terraces, this is Jordan at its lavish best. Dead Sea mud is the real attraction, and my friends and I spend an entertaining hour slathering ourselves with the tar-like substance and baking in the sun, before wading into the water to wash it off.

You really cannot swim in the Dead Sea. Walking in, your legs are pushed from under you and you just bob about like a cork.

As evening falls, I watch the sun set from an upstairs terrace, gin and tonic in hand. Conflict may be more than a minor character in Jordan's grand narrative, but its warm, sanguine people and extraordinary landscape are the real story.

Travel facts

∴ Kelly Macnamara was a guest of the Jordan Tourism Board and flew direct to Amman ex-Heathrow with bmi, which costs from £494/€582 return.



The Treasury, Petra, Jordan.

BMI reservations: tel. 00 44 (0)870 6070 555 or go to: www.flybmi

Tour operator Exodus offers a nine-day Jordan trip to Petra, Wadi Rum, Red Sea and Dead Sea from £599/€706, land-only price. Exodus reservations: 00 44 (0)845

863 9600 and www.exodus.co.uk
Jordan Tourism Board enquiries: 00 44 (0)20 7371 6494 and www.visitjordan.com

For info. on the Kempinski Ishtar, see: www.kempinski-deadsea.com.

Kelly Macnamara



Kempinski Hotel Ishtar, Dead Sea, Jordan.

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2 JUL-8 JUL



1
Night at the Museum 2
Ben Stiller, Amy Adams
(10.50 Sat & Sun) 13.15
State of Play
Russell Crowe, Ben Affleck
15.40-18.30-21.20-00.25
2
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(10.30 Sat & Sun)
Hero Wanted
Cuba Gooding Jr, Ray Liotta
15.05-17.20-19.35-21.50-00.05
3
Monsters vs. Aliens
Animation PV
(12.05 Sat & Sun)
The Last House on the Left
Tony Goldwyn, Monica Potter
14.20-17.10-19.40-22.10-00.40
4
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
(11.00 Sat & Sun) 14.40-17.50-21.00-00.10
5
Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.15-12.30 Sat & Sun) 14.45-17.00-19.15-21.30-23.55
6
Ice Age 3: Dawn of the Dinosaurs
Animation OV
(10.15-12.30 Sat & Sun) 14.45-17.00-19.15-21.30-23.55
7
Pokemon
Animation PV
(11.50 Sat)
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson PV
(11.50 Sun)
The Hangover
Bradley Cooper, Ed Helms
14.55-17.15-19.35-21.55-00.20
8
O Gato das Botas
Animation PV
(10.25-12.25 Sat & Sun) 14.40-16.55-22.20
Angels & Demons
Tom Hanks, Ayelet Zurer
18.40-00.15
I Love You, Man
Paul Rudd, Jason Segel
16.25
Terminator Salvation
Christian Bale, Sam Worthington
21.40
9
Over Her Dead Body
Eva Longoria, Paul Rudd
(12.30 Sat & Sun) 14.40-16.55-22.20
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
19.20
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
00.35

CASTELLO LOPES CINEMAS
ALGARVES SHOPPING
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2 JUL-8 JUL



1
The Last House on the Left
Tony Goldwyn, Monica Potter
13.20-16.00-18.40-21.35-00.10
2
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.00-15.05-17.10-19.15-21.20-23.40
3
O Gato das Botas
Animation PV
13.50-16.20
Over Her Dead Body
Eva Longoria, Paul Rudd
19.00-21.25-00.15
4
The Hangover
Bradley Cooper, Ed Helms
13.15-16.05-18.20-21.15-23.50
5
Night at the Museum 2
Ben Stiller, Amy Adams
13.40-16.10-18.30
State of Play
Russell Crowe, Ben Affleck
21.00-23.30

6
Ice Age 3: Dawn of the Dinosaurs
Animation OV
13.30-15.35-17.40-19.45-21.50-00.00
7
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.10-15.20-17.25-19.30-21.40
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
23.45
8
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
12.45-15.40-18.40-21.40
9
Angels & Demons
Tom Hanks, Ayelet Zurer
12.50-15.40-18.25-21.10
Terminator Salvation
Christian Bale, Sam Worthington
23.55

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
2 JUL-8 JUL



1
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.10-15.10-17.20-19.30-21.30-23.40
2
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.10-15.10-17.20-19.30-21.30
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
00.00
3
The Hangover
Bradley Cooper, Ed Helms
13.20-16.10-18.50-21.20-00.15
4
O Gato das Botas
Animation PV
13.00-15.15-17.15-19.15
Angels & Demons
Tom Hanks, Ayelet Zurer
21.10-00.05
5
The Last House on the Left
Tony Goldwyn, Monica Potter
12.55-16.00-18.30-21.50-00.20
6
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
12.45-15.40-18.40-21.40

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Incendary
Ewan McGregor, Michelle Williams
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd

The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
Genova
Colin Firth, Catherine Keener
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

LUSOMUNDO
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2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
State of Play
Russell Crowe, Ben Affleck
Deux Jours à Tuer
Albert Dupontel, Marie-Josée Croze
Angels & Demons
Tom Hanks, Ayelet Zurer

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TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel

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2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
O Gato das Botas
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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2 JUL-8 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington

Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

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TEL: 707 23 22 21
2 JUL-8 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Chacun son Cinéma
Isabelle Adjani, Takeshi Kitano

LUSOMUNDO
VASCO DA GAMA
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck

UCI CINEMAS
DOLCE VITA TEJO
TEL: 707 23 22 21
2 JUL-8 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

NORTH

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2 JUL-8 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
The Last House on the Left
Tony Goldwyn, Monica Potter
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Incendary
Ewan McGregor, Michelle Williams
Elegy
Ben Kingsley, Penelope Cruz
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna

Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne



LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Incendary
Ewan McGregor, Michelle Williams
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Bottle Shock
Alan Rickman, Chris Pine
Angels & Demons
Tom Hanks, Ayelet Zurer
Closing the Ring
Shirley MacLaine, Christopher Plummer
The Tale of Despereaux
Animation PV

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Angels & Demons
Tom Hanks, Ayelet Zurer

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TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer
Night at the Museum 2
Ben Stiller, Amy Adams
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Angels & Demons
Tom Hanks, Ayelet Zurer
O Gato das Botas
Animation PV

PV = Portuguese
Version
OV = English Versic



LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362

2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Life Before Her Eyes
Uma Thurman, Evan Rachel Wood
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
O Gato das Botas - Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

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2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas - Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

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2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel

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2 JUL-8 JUL

Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Last House on the Left
Tony Goldwyn, Monica Potter
Hero Wanted
Cuba Gooding Jr, Ray Liotta
Incendary
Ewan McGregor, Michelle Williams
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas - Animation PV
Bottle Shock
Alan Rickman, Chris Pine
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer



The sub-zero heroes from the worldwide blockbusters *Ice Age* and *Ice Age: The Meltdown* are back, on an incredible adventure...for the ages. Scrat is still trying to nab the ever-elusive nut (while, maybe, finding true love with a female sabre-toothed squirrel named Scratte); Manny and Ellie await the birth of their mini-mammoth; Diego the saber-toothed tiger wonders if he's growing

too "soft" hanging with his pals and Sid the sloth gets into trouble when he creates his own makeshift family by hijacking some dinosaur eggs. On a mission to rescue the hapless Sid, the gang ventures into a mysterious underground world, where

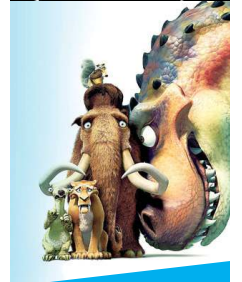


they have some close encounters with dinosaurs, battle flora and fauna, run amuck - and meet a relentless, one-eyed, dino-hunting weasel named Buck.

Ice Age: Dawn of the Dinosaurs features the voices of Ray Romano, John Leguizamo, Denis Leary, Queen Latifah, Seann William Scott, Josh Peck, Simon Pegg, and Chris Wedge.

Michael Jackson
(1958-2009)

Michael Jackson



the life before her eyes

Diana (Uma Thurman), a suburban wife and mother, begins to question her seemingly perfect life - and perhaps her sanity - on the 15th anniversary of a tragic high school shooting that took the life of her best friend. In flashbacks, Diana is a vibrant high school student (Evan Rachel Wood) with her shy best friend Maureen (Eva Amurri). The older Diana, however, is haunted by the increasingly strained relationship she had with Maureen in the days before the tragedy. These memories disrupt the idyllic life



she's now leading with her husband Paul and their young

Masters of horror Wes Craven and Sean Cunningham revisit their 1972 landmark film that launched Craven's directing career and influenced decades of horror films to follow: *The Last House on the Left*. Bringing one of the most notorious thrillers of all time to a new generation, they

daughter Emma. As older Diana's life begins to unravel and younger Diana gets closer and closer to the fatal day, a deeper mystery slowly unravels.

Moving seamlessly through both stages of Diana's evolution, *The Life Before Her Eyes* delves deep into the crossroads that we all face - where a simple decision can change the course of everything to come, and where a lifetime can be encapsulated in a single moment.

produce the story that explores how far two ordinary people will go to exact revenge on the sociopaths who harmed their child.

The night she arrives at the

remote Collingwood lakehouse, Mari (Sara Paxton) and her friend are kidnapped by a prison escapee and his crew. Terrified and left for dead, Mari's only hope is to make it back to parents John and Emma (Tony

Goldwyn and Monica Potter). Unfortunately, her attackers unknowingly seek shelter at the one place she could be safe. And when her family learns the horrifying story, they will make three strangers curse the day they came to *The Last House on the Left*.



Film Classification

Ice Age 3 - M/6
The Last House on the Left - M/18
The Life Before Her Eyes - M/12
Hero Wanted - M/12
Incendiary - M/12
Elegy - M/12

Transformers 2 - M/12
Coco Avant Chanel - M/12
Over Her Dead Body - M/12
The Hangover - M/12
State of Play - M/12
All the Boys Love Mandy Lane - M/18

I Love You, Man - M/12
Bottle Shock - M/12
O Gato das Botas - M/4
Terminator Salvation - M/12
Zack & Miri Make a Porno - M/16
Let The Right One In - M/16
Angels & Demons - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS



Dance of the Bears - The journey of ten thousand miles begins with the first step

Since the beginning of time bears have captured man's imagination, often represented in art as a symbol of strength and adaptation to changes. The Dance of the Bears exhibition will capture the public's imagination with outstanding 3D artwork representing the theme 'Evolution'.

A total of 26 artists that live or work in the Algarve have been given the opportunity to work on the theme 'evolution', which will be represented as 3D art on 'bear canvases', at several locations throughout the Algarve until October 5th.

At the moment the bears are at Quinta dos Vales wine and art resort, in Estômbar, to later head to Carveiro between July 11th and 23rd, then moving to Monchique between July 31st and August 9th and finally ending in Loulé, between September 18th and October 5th. Each artist will represent, in their own artistic expression, the theme 'evolution', on a bear statue created by Karl Heinz Stock, owner of Quinta dos Vales and organizer of the event.

In order to interact with the public, a couple of white 'canvases' (bears) will be on display for further artists, spectators, students to express their own view on the theme 'evolution'.

Exposição de Arte
4 de Julho às 18.00h

Café Inglês Apresenta Exposição Colectiva da pintora Marion Riddering e escultora Petra van Allen

Localização: Rua de Coimbra, nº 11 - 8500-150 Loulé
Tel: 282 442 229
info@marionriddering.com
info@petravallan.com
Sócio: 50€ - 10€ (50€)

SILVES - July 4 - Opening at Café Inglês of the Collective Art Exhibition by Marion Riddering and Petra van Allen - 18h00 - Marion Riddering exhibits for the first time her Paintings in Algarve and sculpts by Petra van Allen who is living in Portugal says: "I based my MA studies on this environment and am currently working towards community programmes that reflects further the life and heritage of this wonderful place." - Also on the opening night 'Wine Tasting Barranco Longo'.

LAGOA - PORTIMÃO - July 16 - 22h00

- Concert by the Glenn Miller Orchestra at Centro de Congressos do Arade (Arade Congress Centre) in Lagoa-Portimão - Tickets: Please see information bottom of page - Encosta do Arade, Parchal 8400 Lagoa - T. 282 498 577 - F. 282 498 578 - www.pavilhao-arade.com



OEIRAS (LISBON) - July 4 & 5 - Panda Festival - The Festival includes a concert by the Panda Band, the Winx Fairies, the Koala Brothers and the Vila Moleza are some of the many surprises that await you - Tickets: €30/person; Family of 4: €60 - From 9h00 to 20h00 (closed from 14h00 to 15h00) - Find more on: www.canalpanda.pt - T. 214 838 645 - lemon@lemon.pt

ALBUFEIRA

JULY 18

Charity Event at Mercado da Lagoa from 16h00 to 2h00 - Presented by Francisco Mendes (Top+) and live music by João Marcelo; Babilônia Reduzida; Rysko; Karaoke popular traditional games; children games; face painting; shows by dance groups 'Impacto' and from the dancing school 'A Casinha Mágica'; capoeira; zumba dance; body combat; rescue demonstration - search & rescue; raffle of a football ball autographed by Cristiano Ronaldo & t-shirts autographed by various football players from Benfica, Belenenses & Marítimo; antique stalls, pet shop, book and games store, sweet treats, raffles, tarot, jewellery imitations, handicraft, food and beverages, etc.

UNTIL JULY 28



Painting & Sculpture Exhibition 'Prelúdio' by Rosa Botelho - Art Gallery Pintor Samora Barros - Mon-Sat: 17h00h-23h00 - Largo Engº Duarte Pacheco - 289 589 201

LAGOS

UNTIL JULY 5



Bluewater Lagos Summer Fun Sailing Weekend for Cruisers - Lagos Marina - The whole weekend celebrates the 15th anniversary of the Marina de Lagos and the 10th anniversary of Bluewater Algarve and the 15th Anniversary of Rally Portugal, so it really is going to be the event of the season !!! - T. 282 498 577 - F. 282 498 578 events@bluewateralgarve.com

MONTHLY

Writing Workshops - Writing Memoirs & Writing Short Fiction - Sat: 14h30-16h30 - The Owl Story Bookshop (Also at Bica Boa in Monchique) - For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962 887 680

MONDAYS

The New Orleans Jazz Band Live - Free - 20h30 - Tivoli Hotel - R. Vasco da Gama - T. 289 591 804

SOUTH

PADERNE

DAILY

Exhibitions 'Contrasts' and 'Perfectly Small Paintings at Perfectly Affordable Prices' by 20 talented international artists - Corte-Real Art Gallery - also available are selected pottery, sculptures, organic products & produce - Fri & Sat: 11h-19h; Thu & Sun: 11h-17h - Signs from Boliqueime, Ferreiras & Paderne - T. 918 980 199 / 912 737 762

PERA

UNTIL OCT 22



'Discoveries' at FIESA the International Sand Sculpture Festival - Construction site on road to Algoz - Open daily from May 22 to October 22 - 10h00 and 24h00 - 969 459 259 - www.fiesa.com

PORTIMÃO

JULY 4 & 5



Horse Jumping Competition - Clube Hípico de Santa Isabel - 10h00 - T. 282 470 832

JULY 6

Monthly Market - 8h00 to 15h00 - Portimão Markets & Fairs Park

JUL 6 - AUG 7

Painting Exhibition by Helena Reis 'Coisas de Mim' (Things of Me) - Portimão Museum - T. 282 470 832 / 282 470 726

JULY 10 & 12

Dance Show 'Are You Ready?' by the National Art Dance Company - Portimão City Hall - Tickets: €10 - 282 418 547

TUESDAYS

The New Orleans Jazz Band - Mariner's Bar/Restaurant - R. Santa Isabel - 914 806 310

SILVES

JULY 4,5

Jazz with Trio Paulo Bandeira, Jorge Reis & Armando Calado on the 4th July from 20h00 - Amerika Libre Salsa Band on the 5th July at 15h00 - Café Inglês on the steps of the Castle - 282 442 585

VALEDOLOBO

UNTIL JULY 28

Unique collection of abstract pieces by João Paramés at Vale do Lobo Art Gallery - Free - Mon-Sat: 10h-19h - 289 353 322 - events@vdl.pt

NORTH

AVEIRO

UNTIL JUL 19



Painting Exhibition 'Dissonância Surreal' by Luis Athougua - Tuesday to Sunday from 14h00 to 19h00 - Galeria da Carpintaria on Av. Dr. Lourenço Peixinho

GUIMARÃES

UNTIL JULY 24

Workshops & programmes for over 11 years old - Gardens of Centro Cultural Vila Flor - Av. D. Afonso Henriques, 701 - 253 424 700

CENTRE

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

DAILY

Sea Museum - Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

ESTORIL

DAILY

From June 30 opening of the Show 'Space Invaders' at the Arena Lounge - There is also other entertainments and shows, games, concerts, lots of entertainment and Art at Casino Estoril - 214667700 - 214825400 - Info.estoril@estoril-sol.com

www.the-news.net

LISBON

DAILY

Influxcontemporary is a new space dedicated to African Contemporary Art - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - www.influxcontemporary.com

OEIRAS

JULY 8 & 14

'Oeiras Sounds' Starts with a concert by Bárbara Hendricks (8th July) and Mariza (14th July) - Gardens of Marquês do Pombal Palace - 213 933 770 - geral@everythingisnew.pt

SANTARÉM

JULY 17 & 31

Music & Dance Summer School - Former School Escola Prática de Cavalaria de Santarém, with the support of the City Hall - For info: www.musination.pt

Lisbon Summer Concerts (Tickets: See details bottom page)

July 4 - Kylie Minogue at Pavilhão Atlântico - 21h00 - Pop/



Rock - July 9,10,11 - Optimus Alive! - Music Festival - 21h00 - Passeio



Marítimo de Algés (Oeiras) - July 22

- Eagles 'Long Road out of Eden' - 21h00 - Pop/Rock - Pavilhão Atlântico - July 23 - Lisa Ekdhall / Cascais

CoolJazzFest - Marechal Carmona Square (Cascais) - 22h00 - July 25 - Anastasia - 21h00 - Pop/Rock - Pavilhão Atlântico - July 30 - Leonard Cohen - 21h00 - Pop/Rock - Pavilhão Atlântico - July 31 - Seal in concert at Cascais Hippo-drome - 22h00 - Seal, the most popular soul vocalist of the decade - Tickets: €20, €60

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 324 / 707 780 000

BBC1

6.00 Yesterday at Wimbledon. (R) (T) 7.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News; Weather. (T) 12.10 Ready Steady Cook. (R) (T) 12.55 Outtake TV. (R) (T) 1.25 Wimbledon 2009. The ladies' singles final. (T)

6.10 BBC News; Regional News; Weather. (T)
6.30 Totally Saturday. Five-piece girl group the Saturdays take part in a live performance, as Graham Norton is joined by boxer Ricky Hatton to play pranks on unsuspecting members of the public, using their household furniture as props for the usual fun and games. Plus, competitions and the chance to win a large cash prize as another person climbs into the giant hamster wheel. (T)

7.25 Total Wipeout. New series. The popular show returns for more spectacular crashes and mud splashes on a purpose-built obstacle course in Argentina. This time round, the contestants face a new set of challenges, including the Dreammill and a more fearsome Sweeper, with the top three finalists from each episode competing to be crowned Champion of Champions in the last show of the series. With cash prizes at stake, the heat is on and Amanda Byram will be backside to catch all the action. Presented by Richard Hammond. (T)

8.25 The National Lottery Draws. EastEnders actor June Brown, who plays Dot Branning in the long-running soap, joins Christopher Biggins top set the balls rolling and reveal the all-important results of the Thunderball, Dream Number and Lotto draws. (T)

8.35 Casualty. Ruth panics when she learns her surgical rotation depends on her relationship with Jay. Jordan agrees to have treatment but worries about the effect of his absence, while Big Mac is shaken after receiving a threatening letter, and it is clear his actions on the Farmstead Estate have upset the wrong people. Former EastEnders actress Anita Dobson guest stars as a clairvoyant. (T)

9.25 Michael McIntyre's Comedy Roadshow. Patrick Kielty, Neil Delamere, Jeff Green and Kerry Godliman join the host for an evening of stand-up at Belfast's Waterfront Hall. (T)

10.10 BBC News; Weather. (T) National Lottery Update. (T)

10.30 FILM: Flightplan (2005). A woman falls asleep during a flight and wakes to find her young daughter has disappeared. Thriller, with Jodie Foster, Peter Sarsgaard and Sean Bean. (T)

12.05 Friday Night with Jonathan Ross; (R) (T) Weatherwise. (T) 1.10 BBC News. (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Eliot Kid. (R) (T) 7.30 Animalia. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsround. (R) (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Sorry, I've Got No Head; (R) (T) Diddy Dick & Dom. (R) (T) 9.30 Hotel Trubble. (R) (T) 10.00 Transmission Impossible with Ed and Ouch. (T) 11.30 Young Dracula. (R) (T) 12.00 Animal Park. (R) (T) 12.30 FILM: Exodus (1960). Drama, starring Paul Newman. (T) 3.50 FILM: Cat Ballou (1965).

Musical comedy Western, starring Jane Fonda and Lee Marvin. (T) 5.25 Flog It! (R) (T) 6.10 Wimbledon 2009. Sue Barker presents live coverage of this evening's play on the penultimate day of the All England Championships, which is scheduled to feature the men's doubles final. (T) 8.00 Dad's Army. The platoon is assigned to guard a vital telephone line, but finds a bomb caught in the wires. Arthur Lowe stars. (R) (T) 8.30 Timewatch: The Prince and the Plotters. The attempts of extremists to disrupt the investiture of the Prince of Wales. (T) 9.30 Blood and Guts: A History of Surgery. Michael Mosley explores the history of heart surgery, taking a personal interest in pioneers of the practice, and learning how surgeons are able to operate on the organ. (R) (T) 10.30 Today at Wimbledon. (T) 11.30 Glastonbury 2009. (T) 1.30 FILM: On the Line (2001). Romantic comedy, starring Lance Bass. (T) 2.55 Close.

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Pick of the Day

ER (C4, 8.30pm)

Dedicated ER fans will be horrified at the thought of this, but there are some people out there who stopped watching the show when George Clooney left. Shocking, isn't it? If they did, then they will never have seen Shane West's sterling performances as Dr Ray Barnett. He made his debut in 2004, and viewers quickly realised that although Ray was a talented medic, he had another passion in his life — rock music. Ray also held a torch for Neela, but after losing both legs in an accident involving a truck, he left Chicago and returned to Baton Rouge with his mother. But, he turns up again this week, and in a far better mood than the one we last saw him in. Ray has new prosthetic legs and reveals he's given up emergency medicine in favour of working in the disability and physical rehabilitation field. It's also Halloween, which gives everyone a much-needed excuse to let their hair down. Meanwhile, Gates feels neglected when Sam concentrates on studying for an exam, but learns a valuable lesson while locked in a stairwell with a quiet little boy. After treating the victim of a school stabbing, Brenner turns detective, determined to uncover the truth about the incident.

C4

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LOCAL

RTP1

0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1530 Robots, film 1700 Charlie and the Chocolate Factory, film 1905 O Preço Certo 2000 News 2100 Voz do Cidadão 2115 Duelo Final 2215 TBA0115 Sideways, film 0315 Top+ 0415 Teleales

RTP2

0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Zig Zag 1400 Parlamento 1500 Sports 1845 Entre Pratos 1915 In The Womb: Animals, documentary 2100 The Private Life of a Masterpiece 2145 A Hora da Sorte 2200 News 2240 A Streetcar Named Desire, film 0030 Reflections in a Golden Eye, film 0230 Sports 0615 Euronews

SIC

0600 Etnias 0645 Sic Kids 0900 Disney Kids 1045 Tween Book 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Tá a Gravar 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI

0700 Children TV 0930 Smackdown, wrestling 1030 O Bando dos Quatro 1115 Campeões e Detectives 1215 Deluxe 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Quem Te Leve 2215 Flor do Mar 2315 Olhos nos Olhos 0015 Film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

BBC3

7.00 Make My Body Younger 8.00 Top Gear 9.00 Film: Superman Returns 12 (2006) 11.25 Live at the Apollo 12.10 Family Guy 12.35 American Dad! 12.55 The Real Hustle on Holiday 1.25 Bizarre ER 1.55 Snog, Marry, Avoid? 2.25 Snog, Marry, Avoid? 2.55 Make My Body Younger 3.55 The Real Hustle on Holiday 4.25 Personal Affairs 5.25 Close

BBC4

7.00 Crude Britannia: The Story of North Sea Oil 8.00 Iran and Britain 9.00 Iran and the West 10.00 Iran and the West 11.00 Iran and the West 12.00 Wallander 1.30 Iran and Britain 2.30 Crude Britannia: The Story of North Sea Oil 3.30 Close

ITV2

1.25 Nanny 911 2.25 Holiday Showdown 3.25 Film: IQPG (1994) 5.30 Animals Do the Funniest Things 6.30 America's Got Talent 8.30 Film: Sister Act PG (1992) 10.30 Film: Total Recall 18 (1990) 12.50 America's Got Talent 1.45 America's Got Talent 2.40 FM 3.00 Ricki Lake 3.40 Teleshopping 5.40 ITV2 Nightscreen

ITV1

1.00 Firecreek PG (1967) 3.00 Gypsy PG (1962) 5.45 Pick a Star U (1937) 7.00 Jack Frost PG (1998) 9.00 Mad City 15 (1997) 11.15 Spawn 15 (1997) 1.10 Mad City 15 (1997) 3.25 Westworld 15 (1973) 5.00 Firecreek PG (1967) The Disney Channel Kids' programmes from 7am, except: 8.00 Film: Daddynapped PG (2009) Comedy adventure, starring Emily Osment.

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MOVIES

Sky Movies Drama

6.00 Deep Family Secrets PG (1997) 7.45 35MM 8.15 Candles on Bay Street PG (2006) 10.00 Daisy Miller U (1974) 11.45 Becoming Jane PG (2006) With Anne Hathaway. 1.50 The Top 10 Show 2.10 Pictures of Hollis Woods PG (2007) With Jodelle Ferland. 3.50 Phenomenon PG (1996) With John Travolta. 6.00 The Illusionist PG (2006) With Edward Norton. 8.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 10.00 3:10 to Yuma 15 (2007) With Russell Crowe. 12.10 Body of Evidence 18 (1992) With Madonna. 2.00 Titus 18 (1999) With Anthony Hopkins. 4.10 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.20 35MM 6.50 The Sugarland Express PG (1974) 8.45 Family Show 9.15 The Heartbreak Kid 15 (2007) 11.15 Smokey and the Bandit 10 PG (1980) With Burt Reynolds. 1.00 Fool's Gold 12 (2008) With Matthew McConaughey. 3.00 St Trinian's 12 (2007) With Rupert Everett. 4.45 Superhero Movie 12 (2008) With Drake Bell. 6.15 Smokey and the Bandit II PG (1980) With Burt Reynolds. 8.00 Fool's Gold 12 (2008) With Matthew McConaughey. 10.00 St Trinian's 12 (2007) With Rupert Everett. 11.45 Superhero Movie 12 (2008) With Drake Bell. 1.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 3.15 Election 15 (1999) 5.00 The Sugarland Express PG (1974)

Sky Movies Action/Thriller

6.35 Tremors II: Aftershocks 12 (1995) 8.30 Spider-Man 3 12 (2007) 11.00 35MM 11.30 Jaws 2 PG (1978) With Roy Scheider. 1.40 The Kingdom 15 (2007) With Jamie Foxx. 3.40 Vantage Point 12 (2008) With Dennis Quaid. 5.25 Rush Hour 3 12 (2007) With Jackie Chan. 7.05 The Kingdom 15 (2007) With Jamie Foxx. 9.00 Vantage Point 12 (2008) With Dennis Quaid. 10.35 American Gangster 18 (2007) With Denzel Washington. 1.15 Spider-Man 3 12 (2007) With Tobey Maguire. 3.40 McVicar 18 (1980) 5.30 Jaws 2 PG (1978)

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. 10.25 Countrywise. (R) (T) 10.55 Quincy ME. (R) (T) 11.55 FILM: The Baby and the Battleship (1956). British comedy, starring John Mills. (T) 1.45 ITV News and Weather. Weather. (T) 1.50 Who Wants to Be a Millionaire? Celebrity. (R) (T) 2.50 Beat the Star. (R) (T) 4.05 FILM: Space Jam (1996). Live action and animated comedy, with Michael Jordan. (T)

5.30 London Tonight; Weather. (T)
5.45 ITV News and Weather. (T)
6.00 You've Been Framed! Harry Hill narrates a selection of camcorder calamities, including a dog's encounter with a whoopee cushion and a cat that can stick to brick walls. (R)

6.30 Animals Do the Funniest Things. Stephen Mulhern dons his safari gear and sets out in search of a white rhino, sharing a selection of amusing animal stories with viewers along the way. Among the tales featured are a penguin that refuses to leave the pub, a Japanese boyband comprising walrus and whales, and a horse that enjoys watching TV. Plus, adverts and camcorder clips featuring furry, feathered and fanned creatures in comedic situations. (R) (T)

7.30 Star Mr & Mrs. Game show, in which celebrities and their

BBC1

6.00 Yesterday at Wimbledon. (R) (T) 7.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 BBC News; Weather. (T) 12.05 EastEnders. (T) 1.30 Wimbledon 2009. The men's singles final. (T)

5.40 BBC News; Weather. (T)
6.00 Antiques Roadshow. Fiona Bruce presents a second programme from the Bishop's Palace in Wells, Somerset. Among the items valued by the team of experts are a bracelet once given as a gift by Queen Victoria, a rare tapestry that leads to a revealing moment for its owners, and a seal used during the campaign to abolish slavery. (R) (T)

7.00 Countryfile. Matt Baker and Julia Bradbury visit the annual fish festival in Pembrokeshire, and meet the scientists monitoring the seabird colonies on Skomer Island, before exploring the growing sport of coastering. John Craven examines whether the breeding programmes for Holstein cows are having adverse effects on the cattle, and Adam Henson judges rare sheep breeds at the Three Counties Show in Worcester. Includes Weather for the Week Ahead. (T)

8.00 **Hope Springs.** On the day of Gil and Ann Marie's wedding, the kiss with Ellie is still playing heavily on the groom's mind and he starts to get cold feet. Sadie escapes from her bedroom, convinced the ex-cons have plans for her, while Euan hopes to persuade Ellie to sell up. Elsewhere, Shoo's engagement to Dean is overshadowed by the arrival of hitman Mariah at the hotel. Starring Paul Higgins, Annette Crosbie and Alec Newman. (T)

9.00 Casualty 1909. A famous singer is admitted after a suicide attempt and Dr Culpin has to outwit the police to stop her being sent to prison. Pioneering psychologist Dr Henry Head takes on the case and helps her divulge her worries, but the revelation that she is a lesbian sends shockwaves through the hospital, especially for probationer Nellie Bowers, who has been hiding a secret from her employer. Meanwhile, Mr Dean is persuaded to perform an unusual operation. (T)

10.00 BBC News; Regional News; Weather. (T)
10.25 FILM: At: Artificial Intelligence (2001). A robot boy searches for a way to become human so the owner who rejected him will learn to love him. Sci-fi drama, with Haley Joel Osment and Jude Law. (T)

12.45 The Sky at Night; (T) Weatherview. (T) 1.10 Sign Zone: The Violent Highway. (R) (T) 2.10 Sign Zone: Holby City. (R) (T) 3.10 Sign Zone: Empire of Cricket. (R) (T) 4.10 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Celebrity MasterChef. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Escape to the Country. (R) (T) 1.30 EastEnders. (R) (T) 2.00 FILM: El Cid (1961). Epic historical drama, starring Charlton Heston. (T) 4.55 Coast. (T) 5.05 Songs of Praise. (T) 5.40 Wimbledon 2009. The mixed doubles final. (T) 8.00 Top Gear. The trio try to beat the recession by finding good deals on three small cars, and James May meets stunt driver Ken Block. Michael McIntyre is the Star in a Reasonably Priced Car. (T) 9.00 On Thin Ice. Doubts about Jonny Lee Miller's commitment begin to surface as the trio compete in the London Marathon, and when he is forced to pull out of the challenge, they hold a public selection weekend for a replacement teammate, agreeing on gynaecologist Dr Ed Coats. However, the adventurers' hopes of competing in the race to the South Pole are jeopardised when Ben Fogle contracts a potentially fatal illness. (T) 10.00 Live MotoGP. The United States Grand Prix. (T) 11.00 Today at Wimbledon. Highlights of the men's singles final. (T) 12.00 FILM: Q & A (1990). Police thriller, starring Nick Nolte. (T) 2.05 BBC News. (T) 4.10 The Super League Show. Highlights include Salford City Reds v St Helens. (T) 4.40 Close.

Pick of the Day

Hope Springs (BBC1, 8pm)

We all rather like naughty ladies. We love minxes and temptresses, vixens and femme fatales. They're darned good telly. They're served up in abundance in this show which is putting some sparkle into Sunday night. It's a simple enough premise - four ex-cons try to go straight, their plans go wrong and they end up in a remote village in Scotland. We're now past the half-way point with episode five tonight, so you'll still get the chance to see the superbly talented ex-ER star Alex Kingston - who plays one of the ex-prisoners, Ellie Lagden - doing her stuff as the action heats up. So far, the girls are doing well, they're still in the village and err, alive - though will this be the case by the end of the episode? Sadie becomes a prisoner in her own bedroom as she discovers the women are criminals on the run. Worried they may have dubious plans for her, she escapes. It's the day of her daughter Anne Marie's wedding (played by comedienne and actress Rommi Ancona). But will Sadie be able to make it to her offspring's celebrations? It's nuptials a go-go as Shoo goes and announces her surprise engagement to local lad Dean. Then, hit man Marius shows up at The Hope Springs Hotel, which surely can't be good news for the ladies. What if they're already fully booked?

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Ocean Race. (R) 8.00 Triathlon. (T) 9.00 T4: Big Brother. (T) 10.00 T4: Preston: Video Exclusive. (T) 10.05 T4: Hollyoaks. (T) 12.35 T4: Big Brother's Little Brother. (T) 1.35 T4: Friends. (R) (T) 2.10 T4: Friends. (R) (T) 2.35 T4: Ugly Betty. Wilhelmina offers Betty a job as her assistant. (T) 3.35 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.35 Supernanny USA. (T) 6.30 Channel 4 News. (T) 7.00 Revelations: Muslim School. Documentary exploring the impact of a Muslim education in Britain. (T) 8.00 Wife Swap. Working mother Kathy Berner, who struggles to spend time with her partner, trades lives with self-confessed would-be Wag Andrea Hornby. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 Alan Carr: Chatty Man. The comedian is joined by actor Dawn French and property experts Kirstie Allsopp and Phil Spencer. Plus, Alan enjoys music by La Roux, who performs their latest single Bulletproof. (T) 10.50 8 Out of 10 Cats. (R) (T) 11.25 FILM: Tenacious D in The Pick of Destiny (2006). Premiere. Comedy, starring Jack Black. (T) 1.15 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Scrapheap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jazz. (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (T) 7.30 Chiro. (R) (T) 7.40 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 The Secret of Eel Island. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 The Saturdays at Work. (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 Monster Moves. (R) (T) 1.00 Mean Machines. (R) (T) 1.30 Zoo Days Shorts. (R) (T) 1.45 FILM: Good Boy! (2003). Canine comedy, starring Molly Shannon. (T) 3.20 FILM: The Adventures of Baron Munchausen (1988). Fantasy adventure, starring John Neville. (T) 5.45 Five News. (T) 5.50 FILM: The Karate Kid Part III (1989). Action sequel, starring Ralph Macchio. (T) 8.00 Among the Apes. Charlotte Uhlenbroek travels to Borneo to encounter the native orang-utans and visits a project that hopes to release three orphaned animals back into the wild. (T) 9.00 FILM: The Long Kiss Goodnight (1996). An amnesiac teacher learns she was once a CIA assassin and finds herself drawn into a web of intrigue. Action thriller, starring Geena Davis. (T) 11.20 FILM: The Premonition (1999). Thriller, starring Burt Reynolds. (T) 1.10 Ironman Triathlon. 2.05 Ironman Triathlon. 2.55 Ironman Triathlon. (R) 3.45 Boxing USA. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

LOCAL Best of the Rest

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudar de Vida 1130 Desafio Verde 1215 Destinos.pt 1300 News 1415 Sô Visto! 1530 Prison Break, series 1615 TBA 1800 TBA 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2130 Febre da Dança 2230 Os Contemporâneos 2315 BOLD Diamond, film 0115 My Summer of Love, film 0315 Sô Visto! 0415 Telefeelas 0605 Nôs

TVI
0700 Euronews 0730 Africa@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 The Hottest Place on Earth 1400 National Geographic 1445 Voz do Cidadão 1500 Sports 1900 Arte e Cidadão 1930 Alma e a Gente 2000 The Simpsons 2100 Science Goes to the Beach 2200 News 2230 Câmara Clara 2350 Wide Awake, documentary 0050 Onda Curta 0150 Sports 0500 Euronews

SIC
0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 Salve-se Quem Puder 2315 Caminho das Índias 0015 Film 0230 Quando o Telefone Toca

0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2215 Nasci Pra Cantar 0045 Sempre A Somar 0215 Film 0400 Law & Order: Special Victims Unit, series 0500 Telefeelas 0630 Todos Iguais

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.30 Can't Be Heaven PG (1999)
8.15 35MM 8.45 Breaking Away PG (1979) 10.30 Gideon PG (1999)
12.15 The Neighbor 12 (2008) With Matthew Modine. 2.00 August Rush PG (2007) With Freddie Highmore. 4.00 The Russell Girl 12 (2008) With Amber Tamblyn. 5.45 We Are Marshall PG (2006) With Matthew McConaughey. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.40 Perfect Stranger 15 (2007) With Halle Berry. 11.40 Eyes Wide Shut 18 (1999) With Tom Cruise. 2.25 Storyville 15 (1992) With James Spader. 4.30 One Special Night PG (1999)

Sky Movies Comedy

6.55 Wild Hogs 12 (2007) 8.40 Are We There Yet? PG (2007) 10.15 Houseitter PG (1991) 12.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 2.30 Hairspay PG (2007) With John Travolta. 4.30 Are We Done Yet? PG (2007) With Ice Cube. 6.10 Houseitter PG (1991) With Steve Martin. 8.00 Sex

and the City 15 (2008) With Sarah Jessica Parker. 10.30 Hairspay PG (2007) With John Travolta. 12.30 Wild Hogs 12 (2007) With John Travolta. 2.15 Man of the Year 12 (2006) With Robin Williams. 4.15 Don't Go Breaking My Heart PG (1999)

Sky Movies Action/Thriller

7.30 Flags of Our Fathers 15 (2006)
9.45 Die Hard with a Vengeance 15 (1995) 12.00 35MM 12.30 Ocean's Thirteen PG (2007) With George Clooney. 2.35 The Italian Job PG (1969) With Michael Caine. 4.20 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 6.35 The Top 10 Show 6.55 Ocean's Thirteen PG (2007) With George Clooney. 9.00 The General's Daughter 18 (1999) With John Travolta. 11.00 Silver 18 (1993) With Sharon Stone. 12.55 The Krays 18 (1990) With Gary Kemp. 3.00 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 5.00 Airport 1975 PG (1974)



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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Where Are They Now? 7.30 International Rugby Union 9.00 Cricket Writers on TV 10.00 Live Cricket. Lancashire Lightning v Hampshire Hawks. 6.30 Where Are They Now? 7.00 Live Darts. The Las Vegas Classic. 11.00 Cricket 1.00 Golf Night 3.00 Cricket 5.00 Wild Spirits 5.30 World Sport

Sky Sports 2

6.00 Watersports World 7.00 Darts 11.00 Live European Tour Golf. The Open de France. 4.00 Wild Spirits 4.30 World Sport 5.00 WWE: Experience 6.00 Live Indy Car Series. The Watkins Glen Grand Prix. 8.30 NASCAR 10.30 Indy Car Series 1.00 NASCAR 3.00 Close

Sky Sports 3

6.00 British Motocross Championship 7.00 Wild Spirits 7.30 WWE: Afterburn 8.30 WWE Vintage Collection 9.30 NASCAR 11.30 Masters Football 2.25 Indies v India. 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 Wild Spirits 1.00 British Motocross Championship 2.00 Close

British Eurosport

7.30 MotoGP 8.30 World Touring Car Championship 9.00 Live World Touring Car Championship. The warm-up session for today's races in Portugal. 9.30 Cycling 10.00 Cycling: Tour de France 10.45 Triathlon 11.15 Live World Touring

Car Championship. Race one from the Circuito da Boavista in Portugal. 12.15 Live Cycling: Tour de France. Stage two between Monaco and Brignoles. 4.30 Live World Touring Car Championship. Race two from the Circuito da Boavista in Portugal. 5.30 Motorsports Weekend 5.45 Live Football. The first half of a pre-season friendly (Kick-off 5.45pm). 6.30 Cycling: Tour de France Flash 6.45 Live Football. The second half of a pre-season friendly. 7.45 Motorsports Weekend 8.00 MotoGP 9.00 Cycling: Tour de France 10.00 World Series by Renault 10.30 MotoGP Classics 11.00 MotoGP 12.15 Motorsports Weekend 12.30 Close

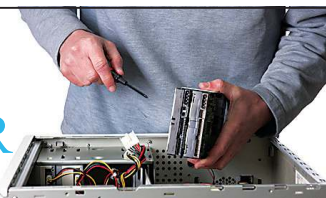
Sky Sports Xtra

6.00 Masters Football 9.00 Premier League Years 11.00 Wild Spirits 11.30 Racing News 12.00 Darts 4.00 NASCAR 6.00 Premier League Years 8.00 Golf Night 10.00 Premier League Years 12.00 Watersports World 1.00 World Sport 1.30 Premier League Years 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Arthur. (R) (T) 3.50 Arthur. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Mi High. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Dom's on the Case. (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Minky struggles with his conscience after uncovering Dawn and Phil's secret - and Garry nearly catches them together in the Vic. Syd gains a new flatmate, but not who she expected, while Shirley follows Heather to the hospital and discovers her friend is pregnant. Roxo uses Amy to get close to Jack. (T)

8.30 Panorama. Reporter Raphael Rowe asks whether police tactics aimed at preventing trouble-makers from taking over demonstrations are eroding the freedom to protest for all but the most hardened activists. He considers whether filming and searching people and keeping their details on file for up to seven years would deter them from campaigning for their beliefs. (T)

9.00 **Torchwood - Children of Earth.** New series. Five-part sci-fi thriller. When every child on Earth suddenly freezes and begins repeating the message "We are coming", nobody can predict the terror to come. Long-held secrets are revealed and the government proves it will go to any lengths to protect itself - even hunting down and killing its own people. Doctor Who spin-off, starring John Barrowman, Eve Myles and Gareth David-Lloyd. Continues tomorrow. (T)

10.00 BBC News. (T)

10.25 Regional News. (T)

10.35 Moving On. A 17-year-old boy's love of cross-dressing is discovered, setting in motion a series of events that threatens to change his family for ever. Drama, with Ian Hart and Dervla Kirwan. (R) (T)

11.20 Film: All or Nothing (2002). Drama, starring Timothy Spall; (T) Weatherview. (T)

1.30 Sign Zone: Off by Heart. (R) (T) 3.00 Sign Zone: Escape the Elephants. (R) (T) 3.30 Sign Zone: Heir Hunters. (R) (T) 4.15 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Skate Out. (R) (T) 8.00 Mortified. (R) (T) Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (R) (T) 11.30 Castle in the Country. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Axe the Agent? (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (R) (T) 7.00 Nigella Express. The cook gives Latin food the express treatment. (R) (T) 7.30 RHS Hampton Court Flower Show 2009. (T) 8.00 University Challenge. New series. Warwick takes on Christ's College, Cambridge. (T) 8.30 What to Eat Now. New series. Valentine Warner reveals how to grow and cook summer food. (T) 9.00 The Supersizers Eat. Giles Coren and Sue Perkins taste the treats of revolutionary France. (T) 10.00 Krod Mandon and the Flaming Sword of Fire. The would-be hero tries to expose Grimshank as a traitor. Last in the series. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.15 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Torchwood - Children of Earth (BBC1, 9pm)

Nails have been nibbled to the quick, bums have been perched anticipatorily on the edge of seats - and now the waiting is over. Like Britney, this cult TV programme is back! And what's more, it's been elevated to the big league. This series is one epic story told over five nights - yes, that's five whole evenings with John Barrowman, who plays Captain Jack Harkness. Tonight's episode sees every child in the world simply come to a stop — and no, that's really not good. Things get even worse when a message is sent to all the governments of the world stating: "We are coming". And it doesn't seem to be with the same tone that your Aunt Rachel uses when she pops around with her kids for a coffee. A trap closes around Captain Jack, the sins of the past are returning and long-forgotten events from 1965 threaten to reveal an awful truth. Torchwood is forced underground as the government takes swift and brutal action. As members of the team are hunted down, Britain risks becoming a rogue state. Captain Jack, Gwen (played by the beautiful Eve Myles) and Ianto (Gareth David-Lloyd) are faced with their fiercest threat to date - with the future of Torchwood and the whole human race at risk. Can they save mankind? It's well worth tuning in to find out.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 How Clean Is Your House? (R) (T) 9.35 Will & Grace. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Class: Today's Nude. (T) 1.00 The Midland: Checking into History. (R) (T) 1.20 FILM: The Grass Is Greener (1960). Romantic comedy, starring Cary Grant and Deborah Kerr. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Teenagers Fighting Cancer. The progress of three patients in Queen Elizabeth Hospital's 'Young Persons' Unit. (T) 9.00 Inside Nature's Giants. Scientist Mark Evans leads the team dissecting a 65ft, 60-ton whale that died off the Irish coast, to learn the cause of its fatality and understand its fascinating anatomy. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.10 Wife Swap. A working mother trades lives with a glamorous housewife. (R) (T) 12.10 Freesports on 4. (R) (T) 1.10 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 FILM: Love Happy (1949). Comedy, starring the Marx brothers. (T) (bw)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Piff and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Poochy. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.00 FILM: Though None Go With Me (2006). Drama, starring Cheryl Ladd. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.15 Hidden Ashes 05. Part one of a look back at the 2005 Ashes; (T) 7.15 Five News Update. (T) 8.00 Fifth Gear. DJ Judge Jules tests the new Aston Martin DBS Volante; (T) 8.00 Five News at 9. 9.00 The Hotel Inspector. New series. Reversing the fortunes of the Crown Inn in Lewes, East Sussex. (T) 10.00 FILM: Se7en (1995). Two detectives pursue a serial killer committing murders based on the seven deadly sins. Thriller, starring Brad Pitt and Morgan Freeman. (T) 12.40 America's Toughest Prisons. (R) (T) 1.40 NASCAR. 2.35 Race and Rally UK. 3.20 Motorsport Mundial. 3.45 Grand American Racing. 4.30 FIM MotoGP. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão
Top 1300 News 1420 Chamas da Vida 1455 Sanguê do Meu Sanguê
1545 Terra Top 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notícias Soltas 2115 Duelo Final 2215 Prós e Contras 0045 Cold Case, series 0215 Amor e Intrigas 0415 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Mudar de Vida 1945 Zig Zag 2030 Sports 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 5 Para a Meia-Noite 0115 DigitaLExceção 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Rebelde Way 1800 Três Imãs 1900 Nôs por Cá 2000 News 2130 Salve-se Quem Quê 2230 Cenas do Casamento 2315 Caminho das Índias 0030 Criminal Minds, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 1900 News 2130 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 Harper's Island, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor Who: Top 5 Christmas Moments 8.00 Robin Hood 8.50 The Real Hustle Las Vegas 9.00 Gavin & Stacey 9.30 Gavin & Stacey 10.00 EastEnders 10.30 Little Britain 11.00 Family Guy 11.25 Family Guy 11.45 Torchwood - Children of Earth 12.45 Personal Affairs 1.45 Gavin & Stacey 2.15 Gavin & Stacey 2.45 Britney Spears Saved My Life 3.40 Make My Body Younger 4.40 The Real Hustle Las Vegas 4.50 Doctor Who: Top 5 Christmas Moments 5.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 Space Dots 8.45 Film: For All Mankind PG (1989) 10.00 Apollo Wives 11.05 The Moon 12.05 Being Neil Armstrong 1.05 The Martians and US 2.05 SpaceDogs 2.50 Apollo Wives 3.45 The Sky at Night 4.15 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Liam Gallagher: The Hot Desk 8.00 The Chopping Block 9.00 Film: Total Recall 18 (1990) 11.20 Coronation Street 11.50 Coronation Street 12.20 Celebrity Juice 12.50 Celebrity Juice 12.20 The Chopping Block 2.10

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Teleshopping 3.10 The Montel Williams Show 3.50 Teleshopping 5.50 ITV2 Nightscreen

Sky1
1.00 Top Design 2.00 Lost 3.00 Bones 4.00 Malcolm in the Middle 4.40 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 My Breasts Could Kill Me 10.00 Road Wars 11.00 Road Wars 12.00 Road Wars 1.00 Ross Kemp in Afghanistan 1.50 Road Wars 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Brainiac: Science Abuse

GOLD
1.00 Stepoe and Son 1.04 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Only Fools and Horses 9.00 Jonathan Creek 10.20 Harry Enfield and Chums 11.00 Jonathan Creek 12.20 Early Doors 12.55 Harry Enfield and Chums 1.35 Early Doors 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 Which Way to the Front? PG (1970) 3.30 Mrs Soffel PG (1984) 5.05 The Shop Around the Corner U (1940) 7.00 To Have and Have Not U (1944) 9.00 Before Sunrise 15 (1995) 10.55 Pretty in Pink 15 (1986) 12.50 Before Sunrise 15 (1995) 2.40 Inside Daisy Clover 15 (1965) 5.00 Which Way to the Front? PG (1970)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.15 A Father's Son PG (1999) 8.00 Rumble Fish 18 (1983) 9.45 35MM 10.15 In from the Night 12 (2006) 12.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis 2.00 Frankie and Johnny 15 (1991) With Michelle Pfeiffer 4.10 The American President 15 (1995) With Michael Douglas 6.10 In the Land of Women 12 (2007) With Adam Brody 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman 10.00 The Beach 15 (1999) With Leonardo DiCaprio 12.00 Mo' Better Blues 15 (1990) With Denzel Washington 2.20 Body Shots 18 (1999) With Sean Patrick Flanery 4.20 Yesterday's Children 12 (2000)

Sky Movies Comedy

6.00 Continental Divide PG (1981) 7.45 Swing 15 (1999) 9.25 The Love Letter 15 (1999) 11.00 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence 1.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel 3.00 Meet the Spartans 12 (2008) With Sean Maguire 4.30 Balls of Fury 12 (2007)

With Dan Fogler 6.05 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence 8.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel 10.00 Meet the Spartans 12 (2008) With Sean Maguire 11.30 Balls of Fury 12 (2007) With Dan Fogler 1.05 Catch and Release 12 (2007) With Jennifer Garner 3.00 The Love Letter 15 (1999) With Kate Capshaw 4.30 Continental Divide PG (1981)

Sky Movies Action/Thriller

6.50 The Temp 15 (1993) 8.35 VI Warshawski 15 (1991) 10.15 Charley Varrick 15 (1973) 12.15 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham 2.25 35MM 2.55 The River Wild 12 (1994) With Meryl Streep 4.55 Next of Kin 15 (1989) With Patrick Swayze 6.50 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham 9.00 Predator 18 (1987) With Arnold Schwarzenegger 10.50 Beowulf 12 (2007) With Ray Winstone 12.50 Death Sentence 18 (2007) With Kevin Bacon 2.40 The Corruptor 18 (1999) With Chow Yun-Fat 4.35 Seventeen and Missing PG (2006)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Darts 11.30 Where Are They Now? 12.00 Cricket 2.00 Indy Car Series 4.30 Darts 7.00 Where Are They Now? 7.30 Live Speedway. An Elite League meeting 9.30 Where Are They Now? 10.00 Time of Our Lives 11.00 Speedway 1.00 Soccer AM: The Best Bits 2.00 Time of Our Lives 3.00 FIFA Futbol Mundial 3.30 Watersports World 4.30 Max Power 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Bottom Line 8.00 Golf Night 10.00 Indy Car Series 12.30 Ocean Adventures 1.00 Darts 3.00 Wild Spirits 4.00 Golf Night 6.00 Ocean Adventures 6.30 Wild Spirits 7.00 Live Horse Racing. From Windsor, Ripon and Roscomon 9.00 FEE Equestrian World 9.30 The Irish Golfer 10.00 POKER 11.00 Golf 12.00 Time of Our Lives 1.00 POKER 2.00 Golf 3.00 Golf 4.00 Close

Sky Sports 3

10.00 Women's Pool 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Golf Night 2.00 Ocean Adventures 2.30 Aerobics Oz Style 6.00 Cricket 6.00 WWE: Raw 7.00 Golf 8.00 Golf 9.00 Ocean Adventures 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 7.45 Cycling: Tour de France Flash 8.00 Cycling: Tour de France 9.00 Cycling: Tour de France Flash 9.15 MotoGP 10.15 Show Jumping 12.00 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage three from Marseille to La Grande-Motte. 5.00 Cycling 6.00 Cycling 6.30 Strongest Man 7.30 Cycling: Tour de France Flash 7.40 MotoGP 8.40 Motorsports Weekend 9.00 Cycling: Tour de France 10.00 Triathlon 10.30 MotoGP 11.30 Cycling: Tour de France 12.30 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Women's Pool 6.00 FEE Equestrian World 6.30 The Irish Golfer 7.00 Max Power 8.00 Women's Pool 9.00 Watersports World 10.00 Golf 11.00 Ocean Adventures 11.30 Wild Spirits 12.00 Women's Pool 1.00 Ocean Adventures 1.30 The Irish Golfer 2.00 Wild Spirits 2.30 FEE Equestrian World 3.00 Women's Pool 4.00 Close

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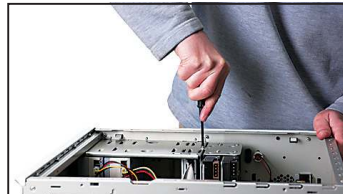


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⁽¹⁾ Screen not included. IVA not included

⁽²⁾ Installation costs €40 per hour, but not available in every area.



BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Arthur. (R) (T) 3.50 Arthur. (R) (T) 4.05 Sam and Mark's Guide to Dodging Disaster. (R) (T) 4.35 Clash. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. After confronting Dawn about her affair, Minty explains the situation to Manda, who fears Garry could attempt suicide if he finds out. Shirley offers Heather drastic advice. (T) BBC News; Regional News. (T)

8.00 Holly City. Despite the fact it breaks the rules, Michael insists that he carries out the operation on his injured daughter - while Annalese watches on. Jayne notices her husband's intimate relationship with Connie, forcing the surgeon to admit their affair, and Elliot resists Tara's efforts to repeat a dangerous operation, but he starts to rethink the offer after Jac inadvertently teaches him a lesson in risk management. (T)

9.00 Torchwood - Children of Earth. Jack, Gwen and Ianto are forced into hiding to escape the government hit squad's brutal attack against them and their families. Meanwhile, secretary Lois Habiba makes a startling discovery in London that could offer the trio salvation and go some way toward explaining the alien threat - but she is powerless to prevent the plotting of her superiors. Cosh Jumbo guest stars, with John Barrowman, Eyle Myles and Gareth David-Lloyd. Continues tomorrow. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 Imagine. Profile examining the rise of singer-songwriter Rufus Wainwright and charting the progress of his first opera, set to open at the Manchester International Festival on July 10. (T)

11.25 FILM: The Journey of August King (1995). Drama, starring Jason Patric and Thandie Newton. (T) Weatherview. (T)

1.00 Sign Zone: James May on the Moon. (R) (T) 2.00 Sign Zone: James May at the Edge of Space. (R) (T) 2.30 Sign Zone: Country Tracks. (R) (T) 3.25 Sign Zone: Heir Hunters. (R) (T) 4.10 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified. (T) (R) Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) Mr Tumble Shorts. (R) (T) 10.35 In the Night Garden. (R) (T) 11.05 The Flintstones. (R) (T) 11.30 Castle in the Country. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Axe the Agent? (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (R) (T) 7.00 On Thin Ice. The trio compete in the London Marathon, but face problems when Jonny Lee Miller is later forced to pull out of the challenge and Ben Fogle contracts a potentially fatal illness. (R) (T) 8.00 The Great British Foreign Holiday. Mark Benton investigates the nation's attitude toward distant climates. (T) 9.00 FILM: Girl with a Pearl Earring (2003). A maid causes friction in the family of the artist Vermeer when she catches the painter's eye. Period drama, with Scarlett Johansson and Colin Firth. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Ladette to Lady (ITV1 Granada, 9pm)

Forget all those media reports about binge-drinking and yobbish behaviour — if this series is to be believed, the Brits can still teach the rest of the world a thing or two about reserve, decorum and the importance of being terribly polite. If you're still not convinced, just look at three Australian girls who have made the final. When they arrived at Eggleston Hall all those weeks ago they were brash, foul-mouthed boozers but, under the stern eye of principal Gill Harbord, cookery teacher Rosemary Shrager and etiquette teacher Liz Brewer they've blossomed into confident, refined young ladies. However, before they can start showing off their newly acquired social skills in the outside world, there are still a few last challenges to face, including attending a graduation ball, constructing a towering cake and trying a spot of flower arranging, before delivering a speech about their personal journey. All that ladylike behaviour can get a bit wearying, but fortunately a surprise visitor arrives to lift their spirits before they face the most nerve-wrecking task of all — waiting to find out who the teachers have chosen as this year's winner.

C4

5.50 The Treacle People. (R) (T) 6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 How Clean Is Your House? (R) (T) 9.35 Will & Grace. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Class: Today's Nude. (T) 1.05 My Place in the Sun. (T) 1.35 FILM: Black Narcissus (1947). Oscar-winning drama, starring Deborah Kerr. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Property Snakes and Ladders. Would-be developers in Kent and Norfolk take on unusual projects, and Sarah Beeny steps in to make sure the two properties do not leave their owners regretting their investments. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 You Have Been Watching. New series. TV critic Charlie Brooker invites four guests to take part in a comedy quiz examining the highs and lows of the week's programmes. (T) 10.50 The Inbetweeners. (T) 11.25 Rude Tube. (R) (T) 11.55 World Series of Poker Europe. (R) (T) 1.00 Big Brother Live. 3.55 Freeports on 4. (R) (T) 4.20 World Sport. (R) (T) 4.50 Formula Ford Championship. (R) (T) 5.15 FIA GT3 Championship. (T) 5.40 World Superbikes.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fill and the Flowerets. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Poocoy. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.00 FILM: Chams for the Easy Life (2002). Drama, starring Gena Rowlands. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.15 Hidden Ashes 05. The concluding part of the look back at the 2005 Ashes; (T) 7.15 Five News Update. (T) 8.00 Monster Moves. A luxury yacht is moved from Italy to Florida. (T) 8.00 Five News at 9. 9.00 CSI: Miami. An investigation into a petrol-siphoning operation, seemingly organised by villains determined to cash in on a fuel shortage, exposes the activities of a crook with darker motives. (T) 10.00 CSI: NY. Three people are killed by radiation at a rock concert. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Criminal Minds. (R) (T) 1.00 US Tour Golf. 1.00 European Challenge Tour Golf. 2.25 UEFA Cup Classics. (R) (T) 4.20 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Em Reportagem 2130 Duelo Final 2230 TBA 2330 Contra Informação 0000 Series 0145 Cold Case, series 0315 Amor e Intrigas 0515 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 Mar de Medo 1700 Zig Zag 1830 A Fé dos Homens 1900 Arquitecto 1945 Zig Zag 2030 Sports 2200 News 2230 The Mentalist, series 2300 Bairro Alto 0030 5 Para a Meia-Noite 0115 Câmara Clara 0225 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Rebelde Way 1800 Três e Meio 1900 Nô por Gá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 Criminal Minds, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2120 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos sem Olhos 0015 The Whole Nine Yards, film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Make My Body Younger 9.00 Personal Affairs 10.00 EastEnders 10.30 Bizarre ER 11.00 Family Guy 11.25 Family Guy 11.45 Torchwood - Children of Earth 12.45 Make My Body Younger 1.45 The Real Hustle on Holiday 2.15 Bizarre ER 2.45 Personal Affairs 3.45 Doctor Who Confidential 3.55 The Real Hustle on Holiday 4.25 Britney Spears Saved My Life 5.25 Close

BBC4
7.00 World News Today 7.00 News 7.30 The Sky at Night 8.00 South Pacific 9.00 Rob Brydon's Identity Crisis 10.00 The Chaser's War on Everything 10.30 Flight of the Conchords 11.00 The Martians and Us 12.00 Apollo Wives 1.00 Rob Brydon's Identity Crisis 2.00 The Martians and Us 3.00 Apollo Wives 4.00 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Girls Aloud: The Hot Desk 8.00 Katie & Peter: Stateside 9.00 Film: Hulk 12 (2003) 11.45 Film: Wimbledon 12 (2004) 1.15 The Office: An American Workplace 2.10 The Office: An American

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MOVIES

Sky Movies Drama

6.00 Second Sight 12 (2007) 7.30 The Capture of the Green River Killer 9.00 Silkwood 15 (1983) 11.15 Goya's Ghosts 15 (2006) With Javier Bardem, 1.15 No Reservations PG (2007) With Catherine Zeta-Jones. 3.10 West Side Story PG (1961) With Natalie Wood. 5.45 Phenomenon PG (1996) With John Travolta. 8.00 Atonement 15 (2007) With Keira Knightley. 10.05 Deception 15 (2008) With Hugh Jackman. 12.00 I Want You 18 (1998) With Rachel Weisz. 1.40 Gridlock'd 18 (1987) With Tupac Shakur. 3.30 The Movie Geek 4.00 The Simple Life of Noah Dearborn PG (1999) 5.40 The Top 10 Show

Sky Movies Comedy

6.15 Foul Play 12 (1978) 8.15 Special Delivery 12 (2008) 9.55 Blast from the Past 12 (1999) 11.40 The Hot Chick and the Nottie 12 (2008) With Paris Hilton. 1.15 American Pie 15 (1999) With Jason Biggs. 3.00 American Pie 2 15 (2001) With Jason Biggs. 4.50 The Santa Clause 3: The Escape Clause U (2006) With Tim Allen. 6.25 Pee-Wee's Big



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SPORT

Sky Sports 1

6.00 Golf Morning Sports Fans 9.00 Speedway 11.00 Poker 12.00 Golf 1.00 Golf 2.00 Speedway 4.00 POKER 5.00 Speedway 7.00 European Challenge Tour Golf 7.30 Football Asia 8.00 How England won the 2005 Ashes 10.00 Time Our Lives 11.00 Football Asia 11.30 How England won the 2005 Ashes 1.30 Time of Our Lives 2.30 Football Asia 3.00 How England won the 2005 Ashes 5.00 Football Asia 5.30 World Match Tour Sailing

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Afterburn 8.00 Golf 9.00 Premier League Bowls 11.00 FEI Equestrian World 11.30 The Irish Golfer 12.00 Premier League Bowls 2.00 FEI Equestrian World 2.30 The Irish Golfer 3.00 Golf 4.00 Golf 5.00 NFL: Total Access 6.00 World Match Tour Sailing 6.30 Carp Academy 7.00 Live Horse Racing. Coverage from Roscommon, Southwell and Uttoxeter. 9.00 Football Asia 9.30 Challenge Series Golf 10.00 Poker 12.00 NFL: Total Access 1.00 Challenge Series Golf 1.30 World Match Tour Sailing 2.00 Poker 4.00 Close

Sky Sports 3

9.00 Golf 10.00 Women's Pool 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean Adventures 12.30 Wild Spirits 1.00 Poker 2.00 Ocean Adventures 2.30 Wild Spirits 3.00 Premier League Bowls 5.00 WWE: Smackdown 7.00 Pool 8.00 Premier League Bowls 10.00 Sports Unlimited 11.00 Carp Academy 11.30 World Match Tour Sailing

12.00 Modern Pentathlon 1.00 Premier League Bowls 3.00 Volleyball 5.00 Close

British Eurosport

7.30 Olympic Magazine 8.00 Cycling: Tour de France 9.45 Paralympics World Cup 10.45 Motorsports: Weekend 1.00 MotoGP 12.00 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage four in Montpellier. 5.30 Live Football. Part coverage of a pre-season friendly. 6.45 WATTS 7.00 Cycling: Tour de France Flash 7.15 Boxing 9.00 Cycling: Tour de France 10.00 Inside WTCC 10.30 World Series by Renault 11.00 Motorsports Weekend 11.15 Cycling: Tour de France 12.15 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Women's Pool 6.00 Aerobics Oz Style 6.30 Mountain Bike World 7.00 Mountain Pentathlon 8.00 Women's Pool 9.00 Volleyball 11.00 Ocean Adventure 11.30 Mountain Bike World 12.00 Women's Pool 1.00 Ocean Adventures 1.30 Mountain Bike World 2.00 Pool 3.00 Carp Academy 3.30 Modern Pentathlon 4.30 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

BBC1

- 6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Arthur. (R) (T) 3.50 Arthur. (R) (T) 4.05 Roor. (R) (T) 4.35 Hotel Trouble. (T) 5.05 Newsround. (T) 5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T) 7.30 Real Rescues. A cruise ship hits an iceberg in the Southern Ocean, leaving holiday-makers stranded. Meanwhile, paramedics aid a teacher suffering chronic memory loss and fire crews work to free a claustrophobic man who is desperately seeking to escape from a lift. Nick Knowles presents. (R) (T) BBC News: Regional News. (T) 8.00 Celebrity MasterChef. The three finalists face their toughest challenges yet, cooking for 90 crew members of TV drama Ashes to Ashes, and producing fine dining at a charity fundraising dinner at the top of the BT Tower. Gregg Wallace and John Torode oversee proceedings. (T) 9.00 Torchwood - Children of Earth. The message from the aliens changes to the announcement "We are here." A massive pillar of fire is focused on London, drawing the eyes of the world to Britain, where the prime minister is trying to negotiate with the aliens. As the fight for their lives becomes personal, Jack, Gwen and Ianto take to the streets - and it emerges that Clem's memories may hold the key to the cataclysm threatening to destroy the planet. Guest starring Paul Coppley. Continues tomorrow. (T) BBC News. (T) 10.05 Regional News: Weather. (T) 10.35 The Richard Dimbleby Lecture 2009. (T) 11.20 The National Lottery Draws. More fortunes are made as Danny Wallace sets the balls rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T) 11.30 FILM: Buster (1988). Fact-based crime drama, starring Phil Collins and Julie Walters. (T) National Lottery Update and Weatherwin. (T) 1.10 Sign Zone: On Thin Ice. (R) (T) 2.10 Sign Zone: Famous, Rich and Homeless. (R) (T) 3.10 Sign Zone: Celebrity MasterChef. (R) (T) 4.10 Sign Zone: Heir Hunters. (R) (T) 4.55 BBC News. (T)



BBC2

- 6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified. (R) (T) Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Alien Empire. (R) (T) 11.30 Daily Politics. (T) 1.00 Animal Park. (R) (T) 1.30 Working Lunch. (T) 2.00 Axe the Agent? (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (R) (T) 7.00 The Culture Show. New series. Behind the scenes at this year's Manchester International Festival. (T) 7.50 Puffin Island. The mass migration of Atlantic puffins. (R) (T) 8.00 Top Gear. Michael McIntyre is the Star in a Reasonably Priced Car. (R) (T) 9.00 Taking the Flak. New series. Comedy drama, starring Martin Jarvis. (T) 10.00 Supersave Me. The effect of the recession on the nation's savings accounts. Last in the series. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Pick of the Day

Skins (C4, 11pm)

Sex, spills and some sick tunes! Yes, that's right, the third series of the Bristol-based teen comedy drama continues tonight and it seems like Cook is making an early beeline to succeed Chris as the resident party animal who couldn't give a monkey's. The boy is wildly out of control and, while he hasn't quite got the charm of his predecessor, his cheeky chappy persona means he gets away with murder more often than not. However, he might have met his match in tonight's episode, when he gets in a spot of bother with menacing gangster Johnny White (guest star Mackenzie Crook). It all kicks off when Cook and his chums invite themselves to a lavish 17th birthday bash aboard a posh boat. While the spread might be tantalising, the entertainment is anything but. And Cook decides to get the party started after downing a cocktail of drink and drugs. His antics catch the attention of Johnny, the birthday girl's father, and he's all set to make Cook and friends walk the plank when he learns the gangster's seedy secret. Kaya Scodelario, Jack O'Connell, Luke Pasqualino star.

C4

- 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 How Clean Is Your House? (R) (T) 9.35 Will & Grace. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Class: Today's Nude. (T) 1.00 Post Modern Pastimes. (R) (T) 1.15 Channel 4 Racing from Newmarket. Including the 3.10 Abu Dhabi Falmouth Stakes (1m). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Embarrassing Teenage Bodies. An update on how the doctors have helped young people, meeting teenagers in Magaluf whose hedonism has gone too far, and a mother whose excess weight is problematic. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Ugly Betty. An accident at Police leaves everyone stunned, and a police detective joins Betty to look for answers - with Daniel the main suspect. Mark Consuelos and Eddie Cibrian guest star. (T) 11.00 Skins. (T) 12.00 4Music: Grassroot Gigs. (T) 12.35 Dirty Sexy Money. (R) (T) 1.25 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.30 Revelations: Muslim School. (R) (T) 5.25 Countdown. (R) (T)

FIVE

- 6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fit and the Flowerets. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Peppa. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Worldplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Worldplay Plus. (T) 3.10 FILM: Terror in the Family (1996). Drama, starring Joanna Kerns. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents highlights from the opening day of the Ashes series at the SWALEC Stadium in Cardiff. (T) 7.15 Five News Update. (T) 8.00 Build a New Life in the Country. Converting an old Kent sawmill into a family home. (T) 8.00 Five News at 9. 9.00 FILM: Panic Room (2002). A mother and daughter become trapped in a specially constructed room when robbers target their home. Thriller, with Jodie Foster and Kristen Stewart. (T) 11.15 Soho Blues. (R) (T) 12.15 Poker. 1.50 UEFA Cup Classics. (R) 2.45 UEFA Cup Classics. (R) 3.30 Indy Car Series. 4.20 Indy Car Series. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1600 Portugal em Directo 1905 Preço Certo 2000 News 2100 Em Reportagem 2130 Duelo Final 2230 TBA 2330 Series 0115 Cold Case, series 0245 Amor e Intrigas 0430 Telesales 0605 Nós RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 Mar de Medo 1700 Zig Zag 1830 Fé dos Homens 1900 Biosfera 2000 Zig Zag 2045 Samantha Who?, series 2105 National Geographic 2200 News 2240 24, series 2330 Clube de Imprensa 0030 5 Para a Meia-Noite 0115 Biosfera 0145 Bastidores 0215 Euronews 0515 Sociedade Civil SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 Notícias Ca 2000 News 2130 Salve-se Quem Pudor 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Dêixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2330 Olhos nos Olhos 0030 Far and Away, film 0300 Special a Somar 0430 Law & Order: Spectacular Units, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 8.05 Doctor Who Confidential 8.30 The Real Hustle on Holiday 9.00 Britain's Embarrassing Emissions 10.00 Film: Freaky Friday PG (2003) 11.30 Family Guy 11.55 Family Guy 12.15 Torchwood - Children of Earth 1.15 The Real Hustle on Holiday 1.45 Bizarre ER 2.15 Snog, Marry, Avoid? 2.45 Britain's Embarrassing Emissions 3.45 Bizarre ER 4.15 Make My Body Younger 5.15 Close **BBC4**
7.00 World News Today 7.00 Weather 7.30 Chelsea Pensioners: Once a Soldier 8.00 Legends: The Andrews Sisters - Queens of the Music Machines 9.00 The Grandparent Diaries 10.00 Getting On 10.30 Wonderland: The Secret Life of Norman Wisdom 10.45 92/3 11.10 Wonderland: The 92-Year-Old Dancer Junkie 11.50 Legends: The Andrews Sisters - Queens of the Music Machines 12.50 The Grandparent Diaries 1.50 Getting On 2.20 Batman 2.45 Batman 3.10 The Grandparent Diaries 4.10 Close **ITV2**
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Johnny Vegas: The

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MOVIES

- Sky Movies Drama**
6.00 Mullolland Drive 15 (2001) 8.30 The Capture of the Green River Killer 10.00 Amazing Grace PG (2006) 12.00 We Are Marshall PG (2006) With Matthew McConaughey. 2.15 Forces of Nature 12 (1999) With Sandra Bullock. 4.05 Beaches 15 (1989) With Bette Midler. 6.15 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 8.00 Fracture 15 (2007) With Anthony Hopkins. 10.05 Die Hard 4.0 15 (2007) With Bruce Willis. 12.15 Saturday Night Fever 15 (1977) With John Travolta. 2.20 The Grifters 18 (1990) With John Cusack. 4.20 Miracle in the Woods PG (1997) **Sky Movies Comedy**
6.00 Will You Merry Me? PG (2008) 7.35 The Most Fertile Man in Ireland 15 (1999) 9.20 Bottle Rocket 15 (1996) 10.55 35MM 11.25 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 1.00 Dan in Real Life PG (2007) With Steve Carell. 2.40 Drillbit Taylor 12 (2008) With Owen Wilson. 4.25 Bottle Rocket

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SPORT

- Sky Sports 1**
6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 World Match Tour Sailing 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Total Rugby 7.30 European Tour Weekly 8.00 Cricket: The Ashes 10.00 Time of Our Lives 11.00 Cricket: The Ashes 1.00 Soccer Am! The Best Bits 2.00 Time of Our Lives 3.00 Cricket: The Ashes 5.00 Soccer Am! The Best Bits **Sky Sports 2**
6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE Vintage Collection 8.00 Sports Unlimited 9.00 Challenge Series Golf 9.30 Mountain Bike World 10.00 Pool 11.00 Poker 1.00 Pool 2.00 Challenge Series Golf 2.30 World Match Tour Sailing 3.00 Poker 5.00 NFL: Total Access 6.00 Boots 'n' All 7.00 Transworld Sport 8.00 Ten Pin Bowling 9.00 Total Rugby 9.30 European Tour Weekly 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 FIFA Futbol Mundial 12.30 European Tour Weekly 1.00 Rallyzone 1.30 Boots 'n' All 2.30 Women's Pool 3.30 Close **Sky Sports 3**
7.00 Modern Pentathlon 8.00 Volleyball 10.00 Sports Unlimited 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Women's Pool 1.00 Carp Academy 1.30 Wild Sports 2.00 Ocean Adventures 2.30 Mountain Bike World 3.00 Pool 4.00 Modern Pentathlon 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Aero GP 7.30 Rallyzone 8.00 Boots 'n' All 9.00 FIFA Futbol Mundial 9.30 Rallyzone 10.00 Transworld

- Sport 11.00 Ten Pin Bowling 12.00 Max Power 1.00 Transworld Sport 2.00 Volleyball 4.00 Close **British Eurosport**
7.30 Triathlon 8.00 Cycling: Tour de France 9.30 World Series by Renault 10.00 World Touring Car Championship 11.00 Cycling 12.00 Cycling: Tour de France 1.00 Live Cycling: Tour de France. Stage five from Le Cap d'Agde to Perpignan. 5.00 Wednesday Selection 5.10 Show Jumping 6.10 Show Jumping 7.10 Riders Club 7.15 European Tour Golf 7.45 Golf Club 7.50 Sailing 8.20 Sailing 8.50 Yacht Club 8.55 Wednesday Selection 9.00 Cycling: Tour de France 10.05 Cycling 11.05 Cycling: Tour de France 12.05 Cycling 12.35 Close **Sky Sports Xtra**
2.00 Volleyball 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Women's Pool 6.00 Rallyzone 6.30 Ocean Adventures 7.00 Watersports World 8.00 Women's Pool 9.00 Volleyball 11.00 Ocean Adventures 11.30 Total Rugby 12.00 Women's Pool 1.00 Ocean Adventures 1.30 Total Rugby 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 *Heir Hunters*. (T) 10.00 *Homes Under the Hammer*; (R) (T) BBC News; Weather. (T) 11.00 *To Buy or Not to Buy*. (T) 11.30 *Cash in the Celebrity Attic*; (R) (T) BBC News; Weather. (T) 12.15 *Bargain Hunt*. (R) (T) 1.00 BBC News; Weather. (T) 1.30 *Regional News*; Weather. (T) 1.45 *Doctors*. (T) 2.15 *Diagnosis Murder*. (R) (T) 3.00 BBC News; Weather; *Regional News*. (T) 3.05 *CBeebies: Nuzzle & Scratch*. (R) (T) 3.25 *CBBC: Martha Speaks*. (T) 3.35 *Arthur*. (R) (T) 4.00 *Arthur*. (R) (T) 4.05 *Sam and Mark's Guide to Dodging Disaster*. (R) (T) 4.35 *Horrible Histories*. (T) 5.05 *Newsround*. (T)

5.15 *Weakest Link*. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)
6.30 *Regional News Programmes*; Weather. (T)
7.00 *The One Show*. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 *EastEnders*. Pat and Peggy are excited by an offer of cosmetic surgery, but Peggy has more serious concerns when Archie turns up at the Vic. Denise and Lucas are shocked when Jordan reveals he wants to live with his mother, Janine forces Tiffany to enter a talent competition, and Shirley pressures Heather to have her unborn child adopted; (T) BBC News; *Regional News*. (T)

8.00 *Celebrity MasterChef*. The three finalists are sent to North Africa, where they have to master traditional cooking techniques as well as fine dining. John Torode and Gareth Wallace then oversee the contestants preparing a three-course meal at Theo Randall's Italian restaurant for five prestigious French chefs, including Michel Roux and Michel Roux Jr. The grand final is tomorrow at 8.00pm. (T)

9.00 *Torchwood - Children of Earth*. The team finally learns the truth about the events of 1965 and their effect more than 40 years later, and evidence of Britain's historical collusion with aliens almost sees the country declared a rogue state. As the Ambassador of the 456 reveals its true intentions, John Frobisher finds himself at the heart of the threat to mankind's very existence. Guest starring Peter Capaldi, with John Barrowman, Eyle Myles and Gareth David-Lloyd. Concludes tomorrow. (T)

10.00 BBC News. (T)
10.25 *Regional News*; Weather. (T)
10.35 *Question Time*. (T)
11.35 *This Week*; (T) *Holiday Weather*. (T)
12.25 *Sign Zone: Panorama*. (R) (T) 12.55 *Sign Zone: Gerry Robinson's Car Crash*. (R) (T) 1.25 *Sign Zone: Countryfile*. (R) (T) 2.20 *Sign Zone: Celebrity MasterChef*. (R) (T) 3.20 *Sign Zone: Heir Hunters*. (R) (T) 4.05 BBC News. (T)



BBC2

6.00 *CBeebies: Tikkabilla*. (R) (T) 6.30 *Teletubbies*; (R) (T) *Doodle Do Making Moments*. (R) (T) 7.00 *CBBC: Maya & Miguel*. (R) (T) 7.25 *Newsround*. (T) 7.30 *Stake Out*. (R) (T) 8.00 *Mortified*; (R) (T) Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 *CBeebies: Big & Small*. (T) 8.40 *Bob the Builder: Project Build It*. (R) (T) 8.50 *3rd & Bird*. (T) 9.05 *Poetry Pie*. (R) (T) 9.10 *LazyTown Extra*. (R) (T) 9.25 *Master Maker*. (R) (T) 9.45 *Harry and Toto*. (R) (T) 9.55 *Telly Tales*. (R) (T) 10.05 *Jakers!* (R) (T) Mr Tumble Shorts. (R) (T) 10.35 *In the Night Garden*. (R) (T) 11.05 *The Flintstones*. (R) (T) 11.30 *Castle in the Country*. (R) (T) 12.00 *Daily Politics*. (T) 12.30 *Working Lunch*. (T) 1.00 *Animal Park*. (R) (T) 2.00 *Axe the Agent?* (T) 3.00 *Murder, She Wrote*. (R) (T) 3.45 *Flog It!* (R) (T) 4.30 *Put Your Money Where Your Mouth Is*. (T) 5.15 *Escape to the Country*. (R) (T) 6.00 *Eggheads*. (R) (T) 6.30 *Bargain Hunt Famous Finds*. (R) (T) 7.00 *How the Celts Saved Britain*. Part one of two. Dan Snow unravels the mystery of the lost years of 400-600AD. (T) 8.00 *RHS Hampton Court Flower Show 2009*. Featuring a show garden tribute to Henry VIII's six wives. (T) 9.00 *Mock the Week*. New series. Quiz show, with Dara O'Brian. (T) 9.30 *That Mitchell and Webb Look*. A pair of cellists want to build an airport. (T) 10.00 *Spilling the Beans*. David and Maureen continue their killingspree. (T) 10.30 *Newsnight*; Weather. (T) 11.20 *Golf: The Scottish Open*. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Pick of the Day

Mock the Week (BBC2, 9pm)

There's no chance of *Mock the Week* being had up under the Trade Descriptions Act. It does exactly what it says on the tin; mercilessly taking the mickey out of the events of the last seven days. And let's be honest, given the current state of the world, it's probably quite healthy to have a laugh at how dreadful things are at the moment. The alternative is a hearty sob, and the Government will probably start taxing tears quite soon. So, in a country ravaged by plague, war and financial meltdown, Dara O'Brian and his four horsemen are preparing to ride to the rescue with the seventh series of smash-hit topical panel show. Fresh from their sell-out nationwide tours, O'Brian and the other popular regulars Frankie Boyle, Russell Howard and Andy Parsons will be joined as ever by Outnumbered star Hugh Dennis and the very best talent from the stand-up circuit to supply must-see satire. There may be no Olympics this year but the team will be able to decide on its approach to Barack Obama and the current state of British politics as well as commenting on the usual tabloid scare stories, reality TV controversies and multiple British sporting embarrassments that occupy our summer months.

C4

6.10 *The Hoobs*. (R) (T) 6.35 *The Hoobs*. (R) (T) 7.00 *Everybody Loves Raymond*. (R) (T) 7.30 *Big Brother's Little Brother*. (T) 8.00 *Big Brother*. (R) (T) 9.00 *How Clean Is Your House?* (R) (T) 9.35 *Kids & Grace*. (R) (T) 10.05 *Brothers & Sisters*. (R) (T) 11.00 *Desperate Housewives*. (R) (T) 12.00 *News at Noon*. (T) 12.30 *Life Class: Today's Nude*. (T) 1.00 *Post Modern Pastimes*. (R) (T) 1.15 *Channel 4: Racing from Newmarket*. Including the 3.10 *Princess of Wales's Stakes* (1m 4f), (T) 3.25 *Countdown*. (T) 4.15 *Deal or No Deal*. (T) 5.00 *Wogan's Perfect Recall*. (T) 5.30 *Celebrity Come Dine with Me Extra Portions*. (T) 6.00 *The Simpsons*. (R) (T) 6.30 *Hollyoaks*. (T) 7.00 *Channel 4 News*. (T) 7.55 *The Political Slot*. (T) 8.00 *The Home Show*. Marek Saykial and his girlfriend want to transform their north-west London flat into a cosy retreat, but George Clarke is not convinced their budget will match their ambition. (T) 9.00 *Gerry's Big Decision*. Two struggling British manufacturing companies vie for investment. (T) 10.00 *Big Brother*. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.10 *TNT Show*. (T) 11.45 *Derren Brown: Trick or Treat*. (R) (T) 12.15 *You Have Been Watching*. (R) (T) 1.05 *Big Brother Live*. 4.00 *3 Minute Wonder: Found Family Footage*. (R) (T) 4.05 *Teenagers Fighting Cancer*. (R) (T) 5.00 *3 Minute Wonder: Found Family Footage*. (R) (T) 5.05 *Countdown*. (R) (T) 5.50 *The Treacle People*. (R) (T)

FIVE

6.00 *Milkshake!*: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 *The Adventures of Bottle Top Bill and His Best Friend Corky*. (R) (T) 6.25 *Fireman Sam*. (R) (T) 6.35 *Roary the Racing Car*. (R) (T) 6.45 *Roobarb and Custard Too*. (R) (T) 6.55 *Peppa Pig*. (R) (T) 7.00 *The WotWots*. (T) 7.15 *Little Princess*. (R) (T) 7.30 *The Mr Men Show*. (R) (T) 7.45 *Noddy in Toyland*. (R) (T) 8.00 *Fifi and the Flowertots*. (R) (T) 8.15 *Peppa Pig*. (R) (T) 8.25 *Thomas & Friends*. (R) (T) 8.40 *Pocoyo*. (R) (T) 8.50 *Bert and Ernie's Great Adventures*. (R) (T) 8.55 *Chiro*. (R) (T) 9.00 *The Beeps*. (R) (T) 9.15 *The Wright Stuff*. (T) 10.45 *Trisha Goddard*. (R) (T) 11.45 *House Doctor*. (R) (T) 12.15 *House Doctor*. (R) (T) 12.45 *Five News*. (T) 12.55 *Wordplay*. (T) 1.45 *Neighbours*. (T) 2.15 *Home and Away*. (T) 2.50 *Wordplay Plus*. (T) 3.10 *FILM: Mind of the Crime* (2004). Comedy drama, starring Lauren Holly. (T) 5.00 *Five News with Natasha Kaplinsky*; Weather. (T) 5.30 *Neighbours*. (R) (T) 6.00 *Home and Away*. (R) (T) 6.30 *Zoo Days*. (R) (T) 7.00 *Five News at 7*. (T) 7.15 *Crickets on Five*. England v Australia. Mark Nicholas presents action from day two of the First Test at the SWALEC Stadium in Cardiff, a venue hosting a Test match for the first time; (T) 7.15 *Five News Update*. (T) 8.00 *The Real Goldfinger - Revealed*. A possible real-life inspiration for Ian Fleming's novel; (T) 8.00 *Five News at 9*. 9.00 *The Mentalist*. Patrick is temporarily blinded. (T) 10.00 *Law & Order: Special Victims Unit*. The squad investigates a quadruple homicide. (R) (T) 11.00 *Law & Order: Criminal Intent*. (R) (T) 12.00 *Quiz Call*. 4.00 *NFL Classic*. (R) 4.45 *Wildlife SOS*. (R) (T) 5.10 *Neighbours*. (R) (T) 5.35 *Home and Away*. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão
Total 1300 News 1420 Chama-me
Vida 1455 Sanguê do Meu Sanguê
1515 Verão Total 1800 Portugal em
Directo 1905 Prego Certo 2100
News 2100 Grande Entrevista 2140
Duelo Final 2330 Corredor do Poder
0030 Journeymen, series 015
Cold Case, series 0245 Amor e
Intrigas 0340 Telesele 0500

RTP2
0715 Zig Zag 1400 Sociedade Civil
1530 Da Terra ao Mar 1600 National
Geographic 1700 Zig Zag 1830 A
Fé dos Homens 1900 Inicial 1945
Zig Zag 2030 Sports 2200 News
2240 Fringe, series 2330 Earth:
The Power of the Planet,
documentary 0030 5 Para a Meia-
Noite 0115 Bastidores 0145
Iniciativa 0200 Euronews 0500
Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids
0800 A Minha Família é uma
Animação 0800 Tween Box 1000 O
Mundo de Patty 1100 Sic ao Vivo
1300 News 1415 Mulheres
Apeladas 1530 Sic ao Vivo 1700
Rebelde Way 1800 Três Imãos 1900
Nós por Cá 2000 News 2130 Salve-
se Quem Puder 2230 Cenas do
Casamento 2315 Caminho das
Índias 0030 CSI: Miami, series 0130
Cartaz Cultural 0215 Quando o
Telefone Toca 0430 Ugly Betty,
series

TVI
0700 Diário da Manhã 1015 Você
na TV 1300 News 1400 As Tardes
da Júlia 1700 Quem quer Ganha
1815 Morangos com Açúcar 2000
News 2130 Deixa Que Te Leve
2215 Grande Corrida TVI 0130 The
Office, series 0200 Cartaz das Artes
0230 Sempre a Somar 0430 Law &
Order: Special Victims Unit, series
0530 Telesele

Best of the Rest

BBC3
7.00 *Doctor Who* 8.00 *Question Time Live: Schools Edition* 9.00 *My Best Friend's Murder* 10.00
EastEnders 10.30 *The Real Hustle*
on Holiday 11.00 *Family Guy* 11.25
Family Guy 11.45 *Torchwood -*
Children of Earth 12.45 *My Best*
Friend's Murder 1.45 *The Real*
Hustle on Holiday 2.15 *Britain's*
Embarrassing Emmissions 3.10 *My*
Weapon Is a Dog 4.10 *Personal*
Affairs 5.10 *Close*

BBC4
7.00 *World News Today* 7.00
Weather 7.30 *In Search of England's*
Green and Pleasant Land 8.00 *Lost*
Horizons: Moon 9.00 *Manet: The*
Man Who Invented Modern Art
10.30 *Legends: Josephine Baker -*
The First Black Superstar 11.30
The High Life 12.00 *Lost Horizons:*
Moon 1.00 *Manet: The Man Who*
Invented Modern Art 2.30 *Legends:*
Josephine Baker - The First Black
Superstar 3.30 *Lost Horizons:*
Moon 4.30 *Close*

ITV2
1.00 *Airline USA* 1.30 *The Jeremy*
Kyle Show 2.35 *The Jeremy Kyle*
Show 3.45 *Ricki Lake* 4.30 *Ricki*
Lake 5.15 *Sally Jessy Raphael* 6.00
Judge Judy 7.00 *All Star Family*
Fortunes 7.45 *The Saturdays: The*
Hot Desk 8.00 *America's Got Talent*
9.00 *Katie & Peter: Stateside* 10.00
iTunes Festival 2009 11.00 *Film:*
The 40 Year Old Virgin 15 (2005)
1.25 *America's Got Talent* 2.15
iTunes Festival 2009 3.05
Teleshopping 5.35 *ITV2*
Nightscreen

Sky1
1.00 *Top Design* 2.00 *Lost* 3.00
Bones 4.00 *Malcolm in the Middle*
4.30 *Malcolm in the Middle* 5.00 *Lion*
Man 5.30 *Lion Man* 6.00 *Futurama*
6.30 *Futurama* 7.00 *The Simpsons*
7.30 *The Simpsons* 8.00 *The Real*

A&E 9.00 *Bones* 10.00 *Lie to Me*
11.00 *My Breasts Could Kill Me*
12.00 *My Breasts Could Kill Me* 1.00
Law & Order 1.50 *Road Wars* 2.40
Ross Kemp in *Afghanistan* 3.30
Stargate SG-1 4.20 *Stargate SG-1*
5.10 *Brainiac: Science Abuse*
GOLD
1.00 *Stephie and Son* 1.40 *Whatever*
Happened to the Likely Lads? 2.20
Yes Minister 3.00 *Only Fools and*
Horses 3.40 *The Brittas Empire*
4.20 *My Family* 5.00 *As Time Goes*
By 5.40 *Last of the Summer Wine*
6.20 *Last of the Summer Wine* 7.00
Whatever Happened to the Likely
Lads? 7.40 *Yes Minister* 8.20 *Only*
Fools and Horses 9.00 *Jonathan*
Creek 10.20 *Only Fools and Horses*
11.00 *Jonathan Creek* 1.00 *Stephie*
and Son 1.40 *Sorry!* 2.15 *The Two*
Romies 3.00 *Close*

TCM
1.00 *The In-Laws PG* (1979) 3.00
The Philadelphia Story Y (1940)
5.10 *Fort Worth PG* (1951) 6.45
Where the Spies Are PG (1965)
9.00 *Batman Forever PG* (1995)
11.20 *Showdown in Little Tokyo* 18
(1991) 12.55 *O Lucky Man!* 15
(1973) 4.10 *The Screening Room*
5.00 *The In-Laws PG* (1979)

The Disney Channel

Kids' programmes from 7am



MOVIES

Sky Movies Drama

6.00 *Instinct* 15 (1999) 8.15
Consenting Adults 15 (1992) 10.30
Pheobe in Wonderland PG (2008)
11.45 *Jack PG* (1996) With Robin
Williams. 1.45 *A Soldier's Story* 15
(1984) With Howard E. Rollins Jr.
3.30 *August Rush PG* (2007) With
Freddie Highmore. 5.30 *The Top*
10 Show 5.50 *The Beach* 15 (1999)
With Leonardo DiCaprio. 8.00
Perfect Stranger 15 (2007) With
Halle Berry. 10.00 *What's Love*
Got to Do with It 18 (1993) With
Angela Bassett. 12.00 *In Dreams*
18 (1999) With Annette Bening.
1.50 *Firefox* 18 (1996) With Hedy
Burress. 3.40 *35MM* 4.10 *Gideon*
PG (1999)

Sky Movies Comedy

6.05 *Stepping Out PG* (1991) 8.00
Three and Out (15) (2008) 9.45 I
Could Never Be Your Woman 12
(2007) 11.25 *Definitely Maybe* 12
(2008) With Ryan Reynolds. 1.20
Semi-Pro 15 (2008) 12 (1999)
Ferrell. 2.55 *Blue Streak* 12 (1999)
With Martin Lawrence. 4.35 *Three*
and Out (15) (2008) With Mackenzie

Crook. 6.20 *Big Business PG*
(1988) With Bette Midler. 8.00
Semi-Pro 15 (2008) With Will
Ferrell. 9.35 *Blue Streak* 12
(1999) With Martin Lawrence.
11.15 *Definitely Maybe* 12 (2008)
With Ryan Reynolds. 1.10 I *Could*
Never Be Your Woman 12 (2007)
With Michelle Pfeiffer. 2.55
Mama's Boy 12 (2007) With Jon
Heder. 4.35 *Stepping Out PG*
(1991)

Sky Movies Action/Thriller

7.10 *VI Warshawski* 15 (1991) 8.50
35MM 9.20 *Breach* 12 (2007) 11.15
Jaws 3 12 (1983) With Dennis
Quaid. 1.00 *The Science of*
Superman 2.00 *Next* 12 (2007)
With Nicolas Cage. 3.45 *Dante's*
Peak 12 (1997) With Pierce
Brosnan. 5.35 *Jaws* 3 12 (1983)
With Dennis Quaid. 7.20 *Next* 12
(2007) With Nicolas Cage. 9.00
Dante's Peak 12 (1997) With Pierce
Brosnan. 10.55 *Eastern Promises*
18 (2007) With Viggo Mortensen.
12.40 *The Krays* 18 (1990) With
Gary Kemp. 2.45 *Mortal Thoughts*
18 (1991) With Demi Moore. 4.35
35MM 5.05 *Billion Dollar Brain PG*
(1967)

SPORT

Sky Sports 1

6.00 *Good Morning Sports Fans*
9.00 *FIFA Futbol Mundial* 9.30
European Tour Weekly 10.00
Cricket: The Ashes Live. England
v Australia. 7.00 *FIFA Futbol*
Mundial 7.30 *Premier League World*
8.00 *Cricket: The Ashes* 10.00 *Time*
of Our Lives 11.00 *Cricket: The*
Ashes 1.00 *Test Cricket* 2.00
Premier League World 2.30 *Cricket:*
The Ashes 4.30 *Time of Our Lives*
5.30 *Premier League World*

Sky Sports 2

6.00 *Aerobics Oz Style* 6.30 *Ocean*
Adventures 7.00 *Cricket: The*
Ashes 9.00 *Boots'n' All* 10.00 *Live*
European Tour Golf. The Scottish
Open. 1.00 *Total Rugby* 1.30
Rallyzone 2.00 *Transworld Sport*
3.00 *Live European Tour Golf*. The
Scottish Open. 6.00 *Ocean*
Adventures 6.30 *IAAF Athletix*
Weekly 7.00 *Live US Women's*
Open Golf. The opening day's play
at the Saucan Valley Country Club
in Pennsylvania. 11.00 *Golf Night*
1.00 *US Women's Open Golf* 5.00
Close

Sky Sports 3

7.00 *WWE: Experience* 8.00
Volleyball 10.00 *Ten Pin Bowling*
11.00 *Aerobics Oz Style* 11.30
Racing News 12.00 *Watersports*
World 1.00 *Ten Pin Bowling* 2.00
Ocean Adventures 2.30 *FIFA*
Futbol Mundial 3.00 *Watersports*
World 4.00 *Ten Pin Bowling* 5.00
WWE Vintage Collection 6.00
Transworld Sport 7.00 *Race World*
8.00 *The Dogs* 8.30 *IAAF Athletix*
Weekly 9.00 *WWE: Late Night*
- *Raw* 11.00 *Extreme Championship*
Wrestling 12.00 *Race World* 1.00
Time of Our Lives 2.00 *IAAF Athletix*
Weekly 2.30 *Close*

British Eurosport

7.30 *Show Jumping* 8.30 *Cycling:*
Tour de France 9.30 *Strongest Man*
10.30 *Triathlon* 11.00 *Athletics* 12.15
Cycling: Tour de France 1.00 *Live*
Cycling: Tour de France. Stage six
between Girona and Barcelona.
4.45 *Live Athletics*. Day two of the
IAAF Youth Championships. 6.30
Triathlon 7.00 *Cycling: Tour de*
France Flash 7.15 *Triathlon* 7.45
Strongest Man 8.45 *Cycling: Tour*
de France 9.50 *Cycling: Tour de*
France 11.20 *Cycling: Tour de*
France 12.20 *Cycling* 12.50 *Close*

Sky Sports Xtra

2.00 *Volleyball* 4.00 *Ocean*
Adventures 4.30 *Aerobics Oz Style*
5.00 *NFL: Total Access* 6.00
Aerobics Oz Style 6.30 *The Dogs*
7.00 *Squash* 8.00 *NFL: Total*
Access 9.00 *Ocean Adventures*
9.30 *The Dogs* 10.00 *Race World*
11.00 *Premier League World* 11.30
NFL: Total Access 12.30 *The Dogs*
1.00 *Ocean Adventures* 1.30
Transworld Sport 2.30 *Close*



Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Arthur. (R) (T) 3.50 Arthur. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsworld. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 Air Medics. The team deals with three cases involving injured children - a four-year-old run over by a car, a six-year-old who fell off his bike, and a 16-year-old thrown by a galloping horse; (T) BBC News; Regional News. (T)

8.00 EastEnders. Peggy throws Roxy out of the pub after discovering that she arranged Archie's return, but she later agrees to meet her estranged husband. Heather's friends begin wondering who the father of her baby is, while Trina makes progress with her plot to win Lucas back. At the Beesles, Jane uncovers Ian's plan to exploit Bobby. (T)

8.30 **Celebrity MasterChef**. The winner is decided as the three finalists prepare their best three-course meal for judges John Torode and Gregg Wallace, demonstrating all they have learned. Last in the series. (T)

9.00 Torchwood - Children of Earth. Gwen finds herself alone as the world descends into anarchy and the 456's sanction against Earth begins. As violence spills out onto ordinary streets, humanity's fate is decided in the absence of the one person who might be able to prevent the destruction of planet Earth. Drama, starring Eve Myles, John Barrowman and Gareth David-Lloyd. Last in the series. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. With Vivienne Westwood and Paolo Nutini. (T)

11.35 The National Lottery EuroMillions Draw. OJ Borg presents the draw. (T)

11.40 FILM: Spy Hard (1996). Espionage spoof, starring Leslie Nielsen; (T) Weatherview. (T)

1.00 Sign Zone: Mary, Queen of Charity Shops. (R) (T) 2.05 Sign Zone: Celebrity MasterChef. (R) (T) 2.35 Sign Zone: Heir Hunters. (R) (T) 3.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsworld. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified; (R) (T) Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) Mr Tumble Shorts. (R) (T) 10.35 In the Night Garden. (R) (T) 11.05 The Flintstones. (R) (T) 11.30 Castle in the Country. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Axe the Agent? (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flot It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Bargain Hunt Famous Finds. (T) 7.00 How the Celts Saved Britain. Tracing the footsteps of Ireland's earliest missionaries. (T) 8.00 Gardeners' World. Climbing roses and cottage plants to add colour and scent. (T) 9.00 RHS Hampton Court Flower Show 2009. James Wong gives the presenters a guided tour. (T) 10.00 Horne & Corden. Superman and Spider-Man have an awkward encounter at the supermarket, gay reporter Tim Goodall investigates knife crime, and Xander interrupts his old school chum's job interview. Previously broadcast on BBC3. (T) 10.30 Newsworld. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Golf: The Scottish Open. (T) 12.35 Medium. (R) (T) 1.20 The Wire. (R) (T) 2.15 The Wire. (R) (T) 3.10 The Wire. (R) (T) 4.10 Close.

Pick of the Day

Celebrity MasterChef (BBC1, 8.30pm)
Hasn't this series been exciting? Just when you thought the Beeb had scraped the bottom of the Z-list celebrity barrel, more famous faces with a sideline in culinary talent popped up, keen to prove that they have what it takes to be a professional chef. Not that any of them are planning to give up their day jobs just yet, but it's always nice to be multi-skilled, isn't it? The final round of the contest began on Wednesday, with Wendy Peters, Iwan Thomas and Jayne Middlemiss tackling a tricky series of tests. So far, they've dealt with preparing food for the 90-strong cast and crew of hit drama Ashes to Ashes, produced fine dining for a charity event at the top of the BT Tower, and cooked a lunch without electricity, using only open fires and clay ovens at Richard Branson's Moroccan hotel. But now the end is nigh, and there's just one more challenge to be faced — a three course meal at Theo Randall's renowned Italian restaurant. It might sound simple, but when you consider that it will be eaten by such culinary luminaries as Pierre Koffman, Michel Roux, Michel Roux Jr, Alexis Gauthier and Patrice Martineau, you'll realise that this has to be something very special indeed. Once the dishes have been eaten, it's then up to John Torode and Gregg Wallace to decide who will be Celebrity MasterChef 2009.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 How Clean Is Your House? (R) (T) 9.35 Will & Grace. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Class: Today's Nude. (T) 1.00 Post Modern Pastimes. (R) (T) 1.15 Channel 4 Racing from Newmarket and York. Including the 3.10 Darley July Cup (6f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Wild Things. Adam Hopkins explores the results of an experiment conducted by a group of idealistic adults in the 1970s which saw them live in a commune and raise their children collectively. Part of the First Cut documentary strand. (T) 8.00 A Place in the Sun: Home or USA? Properties in Birmingham and Florida. (R) (T) 9.00 Big Brother. The next evictee is revealed. (T) 10.00 8 Out of 10 Cats. Irreverent panel show hosted by Jimmy Carr. (T) 10.35 Big Brother. (T) 11.05 The Simpsons. (R) (T) 11.35 Russell Brand's Ponderland. (R) (T) 12.10 4Music: 4Music Favourites: Doves. (R) (T) 12.40 4Music: JD Set Presents: Dan Black. (T) 12.55 4Music: 4Play: Black Box Revolution. (T) 1.05 Poker. 2.00 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.30 Beach Volleyball. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Love Comes Softly (2003). Romantic drama, starring Katherine Heigl and Dale Midkiff. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents highlights from day three of the First Test at the SWALEC Stadium in Cardiff, a venue hosting a Test match for the first time. (T) 7.15 Five News Update. (T) 8.00 Air Force Afghanistan. The Naval Strike Wing comes to the aid of soldiers 1400 miles from the base; (T) 8.00 Five News at 9. 9.00 NCIS. A former Marine falls to his death. (R) (T) 10.00 Law & Order: Criminal Intent. Goren struggles with a personal crisis. (T) 11.00 CSI: Miami. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (R) (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Chase. Bradley Walsh presents as four contestants pit their wits against ruthless quiz genius the Chaser in the hope of winning a potential prize pot worth thousands of pounds. They must work as a team and play strategically to answer general knowledge questions against the clock and race down the game board to the exit without being caught. Last in the series. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Pollard is furious when Val admits her part in the burglary, fearing she has ruined his liquidation plans and that he has lost everything. Bob is worried when he receives a letter from Viv asking him to visit her the following day, while Nicola attends an antenatal class with Jimmy but ends up storming out in a huff. (T) Coronation Street. Kevin and Molly plan a night together in a hotel, but a phone call puts their trip under threat. Fitz and Chesney's rift deepens when she tells him she will be visiting John whether he likes it or not. Rosie teases Ben with a conversation about sex, and Maria insists Tony stays for Helen and Barry's visit. (T)

8.00 Airline. Pilot Chris Pell treats five Belarusian orphans to a day out watching dolphins, and Newcastle United fans spot their heroes jetting off to Malaga for a mid-season break. (R) (T) Coronation Street. Sally is thrilled by her birthday gift from Kevin, but he slips away for more time with Molly. Fitz plans a prison wedding for herself and John, while Rosie lands Sophie in trouble. (T)

9.00 Doc Martin. The irascible medic and Louisa embark on what seems to be a perfect first date at a classical music performance in the grounds of a country house, but an inappropriate remark from the doctor kills off any chance of romance. Elsewhere, Al worries that Pauline's gambling is getting out of hand when he finds out that her moped has been repossessed. Comedy drama, starring Martin Clunes. (R) (T)

10.00 News at Ten and Weather. (T)

10.25 London News and Weather. (T)

10.35 FILM: The Enforcer (1976). Police thriller, starring Clint Eastwood.

12.20 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.20 FILM: Grey Owl (1998). Biopic, starring Pierce Brosnan. (T) 3.10 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Crianças da Vida 1455 Sangue do Meu Sangue 1515 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Antas Pelo Contrato 2115 Duelo Final 2215 TBA 0115 Cold Case, series 0245 Amor e Intrigas 0400 Teleales

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Discovery Hour 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2030 Sports 2200 News 2240 Brothers and Sisters, series 2330 Diga Lá Excelência 0030 5 Para a Meia-Noite 0115 Palcos 0300 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 Nôspor Cá 2000 News 2130 Salve-se Quem Puder 2230 Camilo, o Presidente 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca 0430 Ugly Betty, series

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2145 Euronews 2200 Deixa Que Te Leve 2245 Flor do Mar 2300 Sentimentos 0015 Olhos nos Olhos 0045 Blade, film 0300 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

BBC3
7.00 Top Gear 8.00 T in the Park 2009 9.00 T in the Park 2009 10.00 EastEnders 10.30 Can I Get High Legally? 11.30 Family Guy 11.55 Family Guy 12.15 Torchwood - Children of Earth 1.15 T in the Park 2009 2.45 Being Human 3.45 Bizarre ER 4.15 Snog, Marry, Avoid? 4.45 Snog, Marry, Avoid? 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of England's Green and Pleasant Land 8.00 Toscanini - In His Own Words 8.00 Glastonbury: 2009 Sessions 10.00 Sight & Sound In Concert: Santana 10.30 Even More Guit Heroes at the BBC 11.30 Flight of the Conchords 11.55 The Chaser's War on Everything 12.25 Even More Guit Heroes at the BBC 1.25 Sight & Sound In Concert: Santana 1.55 Glastonbury: 2009 Sessions 2.55 Toscanini - In His Own Words 3.55 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Seann William Scott: The Hot Desk 8.00 iTunes Festival 2009 9.00 America's Got Talent 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 America's Got Talent 1.00 iTunes Festival 2009 1.55

SKY1
1.00 Top Design 2.00 Lost 3.00 Bones 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 Film: What Lies Beneath 15 (2000) 11.30 Bones 12.30 Road Wars 1.30 Wives 2.25 Ross Kemp in Afghanistan 3.20 Stargate SG-1 4.15 Street Wars 5.10 Brainiac: Science Abuse

GOLD
1.00 The Likely Lads 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Butterflies 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Only Fools and Horses 9.00 Jonathan Creek 11.00 Jonathan Creek 12.10 The Likely Lads 12.45 The Two Ronnies Christmas Sketchbook 2.00 The Two Ronnies 3.00 Close

TCM
1.00 Dark Victory PG (1939) 3.00 The Treasure of the Sierra Madre PG (1948) 5.20 Kansas Pacific PG (1953) 6.50 Sweet November PG (1968) 9.00 Boogie Nights 18 (1997) 12.00 The Hunger 18 (1983) 1.55 Boogie Nights 18 (1997) 4.30 The Screening Room 5.00 Dark Victory PG (1939)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez. 10.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez.

MOVIES

Sky Movies Drama
6.00 The Legend of 1900 15 (1998) 8.10 The Making of a Hollywood Madam: The Heidi Fleiss Story 15 (1996) 9.45 Brighton Beach Memoirs 15 (1986) 11.40 The Children of Huang Shi 12 (2008) With Jonathan Rhys Meyers. 1.50 Phenomenon PG (1996) With John Travolta. 4.00 Arlington Road 15 (1999) With Jeff Bridges. 6.00 Away from Her 12 (2006) With Gordon Pinsent. 8.00 Dreamgirls 12 (2006) With Jamie Foxx. 10.10 The Illusionist PG (2006) With Edward Norton. 12.10 Sleepers 18 (1996) With Brad Pitt. 2.45 Blue Collar 18 (1978) With Richard Pryor. 4.45 Can't Be Heaven PG (1999)

Sky Movies Comedy
6.30 Mystery, Alaska 15 (1999) 8.35 The Naked Man 15 (1998) 10.20 Family Show 10.50 Are We Done Yet? PG (2007) 12.30 Sex and the City 15 (2008) With Sarah Jessica Parker. 3.00 The Great White Hype 15 (1996) With Samuel L. Jackson. 4.35 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 6.20 Are We Done Yet? PG (2007) With Ice Cube. 8.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 10.30 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 12.10 Eddie Murphy: Raw 18 (1987) No-holds-barred stand-up. 1.45 The Great White Hype 15 (1996) With Samuel L. Jackson. 3.20 Eddie Murphy: Raw 18 (1987) 4.55 Expiration Date 12 (2006)



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Sky Movies Action/Thriller
7.00 The Librarian: Return to King Solomon's Mines PG (2006) 8.40 Tremors II: Aftershocks 12 (1995) 10.25 The River Wild 12 (1994) 12.25 Joe Kidd 15 (1972) With Clint Eastwood. 2.00 The Bone Collector 15 (1999) With Denzel Washington. 4.00 X-Men 12 (2000) With Hugh Jackman. 5.50 35MM 6.20 Zodiac 15 (2007) With Jake Gyllenhaal. 9.00 The Bone Collector 15 (1999) With Denzel Washington. 11.05 X-Men 12 (2000) With Hugh Jackman. 12.55 Nighthawks 18 (1981) With Sylvester Stallone. 2.40 Mulholland Falls 18 (1995) With Nick Nolte. 4.30 The Librarian: Return to King Solomon's Mines PG (2006)

SPORT

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 Test Cricket 10.00 Cricket: The Ashes Live. England v Australia. 7.00 World Sport 7.30 Speedway 8.00 Cricket: The Ashes 10.00 Time of Our Lives 11.00 Cricket: The Ashes 1.00 Test Cricket 2.00 Time of Our Lives 3.00 Cricket: The Ashes 5.00 Premier League World 5.30 Speedway

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Cricket: The Ashes 9.00 Premier League World 9.30 The Dogs 10.00 Live European Tour Golf. The Scottish Open. 1.00 Premier League World 1.30 The Dogs 2.00 Football Asia 2.30 FIFA Futbol Mundial 3.00 Live European Tour Golf. The Scottish Open. 6.00 Ocean Adventures 6.30 Tight Lines 7.30 Live Super League. Wakefield Trinity Wildcats v Leeds Rhinos (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Top bouts. 12.00 NFL: Total Access 1.00 Super League 3.00 Friday Fight Night 5.00 World Sport 5.30 Rallyzone

Sky Sports 3
6.00 Squash 7.00 WWE: Raw 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 Race World 2.00 Ocean Adventures 2.30 IAAF Athletix Weekly 3.00

Sky Sports Xtra
2.00 Squash 3.00 Live Davis Cup Tennis. Croatia v USA. 8.00 Ocean Adventures 8.30 World Sport 9.00 Speedway 9.30 Ocean Adventures 10.00 Tight Lines 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Speedway 2.30 Ocean Adventures 3.00 Tight Lines 4.00 Speedway 4.30 Ocean Adventures 5.00 NFL: Total Access

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel: 21 467 3771

ST MARIA, SÃO PEDRO DO ESTORIL
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INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja

Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1º Floor, 1050 Lisbon. Rev. Joseph Ian Mornoh
BAPTIST MISSION-ESQUEIRA(AVEIRO) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel: 965-363-986.

RIVERSIDE INTERNATIONAL CHURCH
Office: Rua São José 178, 1 do, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International Church -meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama/Queluz, every Sunday at 10:30am and 7:00pm- all

welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!
CHAPEL OF ST. PIUS X: PRIORADOS. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel: (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Montfort (Aterro) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel: 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Mural, Mass each Sunday and Holyday 10.15am Tel: 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Ariaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885. www.standrews.lisbon.com.sapo.pt
CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1059). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON
Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).
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Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel: 21 2461596).
LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel: 213 931 130 Fax 21 388 4304 E-mail: celestboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon, Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11:30am St Luke's, Monte de Palhaqueira, Gorjeões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959.9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almamcil. Contact Rosie 289 328 302.8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincents.algarve.org
ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Creche and Adventurers: 10.30 am Community Centre, Almamcil (ASCA - Associação Social e Cultural de Almamcil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTEDEVIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 pm. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevinda.org

THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 6pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almamcil - 6.30pm. at Four Seasons Country Club- Quinta do Lago - Almamcil. Further information, Griselinda Neto on 966168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-d, Portimão) "opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/icc.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@bev.pt
CHURCH IN ALJEZUR/VALE DETELHA. Our mission: Matthew 28:18-20 (An

outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel: 282-086804 or 282-697546, www.icc-lagos.org.

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Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible, "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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ROMAN CATHOLIC ST. ANDREWS, PENINA
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SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel
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English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Engembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279.

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto(across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching: Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Colours Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIPI. 2520 Peniche, Obidos. Sunday 11am (1º & 2º Sunday of the month). No collection.



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First Impressions

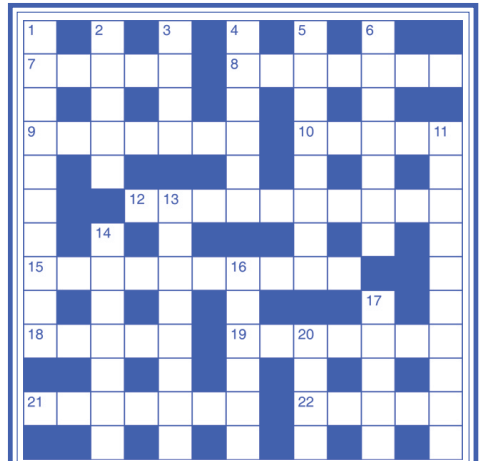
When we meet someone for the first time, we like to make a good impression. I visited Portugal for the first time in 1999, a couple of years before we actually moved here. My husband and I had come to see the country and to meet our future colleagues. Naturally we wanted to make a good impression. Our first Sunday here we went to church with Brian and Lauri. On the way to their home for dinner I sat in the back seat of Lauri's car. I had not been feeling well all morning and was barely aware of what was going on around me during the church service. I attributed my upset stomach and headache to jet leg and not being used to the narrow winding roads we kept finding ourselves traveling in a somewhat jerky manual transmission car. (I had never realized how much smoother a ride you get in a car with an automatic transmission.) Perhaps you have guessed already what transpired during that ride home from church. Suffice it to say that I did NOT make a good impression on Lauri though we are good friends now. I was riding in the back seat when the little bit of breakfast I had eaten at a local café decided to come back up. Thankfully I was able to make use of a strong plastic bag. Still, I was horrified and embarrassed. While the rest of my family enjoyed a nice Sunday dinner, I lay in the guest room trying to calm my upset stomach with a nap.

It is a normal human desire to want people to think well of us.

At times we may even hope that others come to believe we are something other than who we are. We want to hide our flaws and hope they will think the best of us. It is liberating to realize that we don't have to play games with God. Though our behavior is important to Him, he already knows us completely. He created us when we were conceived in our mother's womb. There is no way that our personality or life choices can surprise Him. Pretending to be something we are not makes no sense in our relationship with the One who knows every thought and knows what we will say before we open our mouths to speak. During my freshman year of college I memorized Psalm 139. This Psalm changed my prayer life as I realized for the first time the uselessness of pretending before the God of the universe. I found great comfort in verses seventeen and eighteen. The God who created me and knows everything about me, my failings and sins included, loves me and His thoughts toward me outnumber the sand.

"How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you." Psalm 139: 17-18

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page



ACROSS

- Memento (5)
- Deviate (7)
- Contrary (7)
- Deserves (5)
- Defence (10)
- Singer (10)
- Healthy (5)
- Local (7)
- Pirate (7)
- Goodbye (5)

DOWN

- Transmits (10)
- Quick (5)
- Blemish (4)
- Arrival (6)
- Misdemeanours (8)
- Region (7)
- Father Christmas (5,5)
- Remaining (8)
- Examination (7)
- Go back (6)
- Pungent (5)
- Summit (4)

Answers Crossword Nº 247

Across: 1 Appraisal; 8 Oar; 9 Prohibition; 11 Entreat; 12 Unite; 13 Intact; 15 Resent; 17 Mince; 18 Company; 20 Impropropriety; 22 Inn; 23 Resilient.

Down: 2 Par; 3 Arise; 4 Shift; 5 Leisure; 6 Considerate; 7 Presently; 10 Outstanding; 11 Enigmatic; 14 Cheaper; 16 Across; 19 Moral; 21 Tun.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	4			2				
	5			6	1			4
	7	5			1	8		
5	7					6		
	9						3	
		4					1	2
	8	3			6	5		
9			1	8		4		
	2						9	

Last weeks solution:

1	5	6	8	2	7	9	4	3
4	7	9	5	1	3	6	8	2
3	2	8	9	6	4	5	1	7
2	3	4	6	5	9	8	7	1
8	6	7	1	4	2	3	9	5
9	1	5	7	3	8	4	2	6
6	4	3	2	8	1	7	5	9
5	9	1	4	7	6	2	3	8
7	8	2	3	9	5	1	6	4

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I'm looking for a property



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I'm a wife and the mother of 3



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Charities

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkeys sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

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Portugal among Ryder Cup host nation bidders



Portugal, along with five other nations, has this week been reported as being one of the European countries looking to host the 2018 Ryder Cup.

Portugal, France, Germany, the Netherlands, Spain and Sweden – have reportedly all announced their intention to bid to host the prestigious Ryder Cup competition in nine years from now.

The deadline for the submission of candidatures is the end of April 2010, with the announcement expected in 2011.

Celtic Manor in Wales will be the host in 2010, and the 2014 contest is at Gleneagles in Scotland.

With the selection of two British venues in succession, it was decided that the next European home match would be staged on the continent.

Only once before has the tournament been held off the British Isles. The famous course at Valderrama in Spain was host to the Ryder Cup in 1997.

Richard Hills, the European Ryder Cup Director, said: "We are delighted with the response and congratulate the six countries involved. We have set the date by which bids must be received in order to provide each country with the optimum opportunity in the current economic climate to present their strongest possible bid."

"In setting the sporting and commercial criteria that will be used to assess bids, we have been quite clear that each country bid

must be channelled through its National Golf Federation and that no bids from individual venues will be considered", explained Richard Ellis.

"We look forward to working with all six countries over the coming months as they develop their bids and we will shortly be launching an Official Candidate Logo to enable bids to be effectively promoted within each nation", the European Ryder Cup Director said.

The 2018 Ryder Cup will be the 42nd edition of the biennial encounter – first played in 1927 – between Europe and the United States. Players from Continental Europe first became eligible for the match in 1979.

All six Bidding Nations for the 2018 Ryder Cup have, since 1972 when the European Tour officially began, demonstrated their support for the development and growth of the game through not only hosting tournaments but also by nurturing the supply of players onto the world stage, the European Tour explained in a statement posted on its website (www.europeantour.com) earlier this week.

Together Portugal, France, Germany, Holland, Spain and Sweden will have hosted a total of 700 tournaments by the end of this season.

Portugal, where three tourna-



Scenes such as these, where Team Europe's Paul Casey of England hits from a bunker on the 18th hole at last year's Ryder Cup at Valhalla in Kentucky, could be repeated in Portugal should the country be successful in its bid to host the prestigious tournament in 2018. (Photo: EPA/Tanne Maury)

ments are on the 2009 European Tour International Schedule including the Portugal Masters at Oceânico Victoria Golf Course in Vilamoura from October 15-18, will have hosted 59 European Tour, ten European Challenge Tours and ten European Senior Tours events by the end of this season. Daniel Silva is the one Portuguese player by birth to have won on the European Tour while José-Filipe Lima has taken Portuguese nationality since his win in 2004.

Despite its world-class courses, the lack of any strong golfers could count against Portugal's bid.

Spain's current 27 players on the tour have won a staggering 149 tournaments amongst themselves, while Sweden's 25 players have 79 wins, followed by Germany (six players, 54 wins), France (ten players, 22 wins) and Holland (three players and four wins).

The signing of an agreement between Viana do Castelo council and the Portuguese Institute of Sport, which will see the construction of a high-performance surf training centre in Praia do Cabedelo.

It will cost €1.1 million to build and should be ready in eight months.

Besides Viana do Castelo, there will be more surf training centres in Peniche, Almada, Aveiro, Sintra, Nazaré and Vila do Bispo, representing an investment between €4.5 and €5 million.

In addition to the structures built for high-performance centres, athletes also have at their disposal lodging, learning rooms, specific training and medical support.

Gov't. unveils €50m high-performance training centres

The Government is investing €50 million in twenty high-performance training centres for several sports, with the Secretary of State of Youth and Sport describing them as "champion factories".

"We are creating high-performance centres so that each sport can have excellent conditions, the same conditions that European and international athletes have. In reality, we are creating champion factories" said Laurentino Dias.

The Secretary of State stressed on the importance of investing in high quality facilities for Portuguese athletes, which in turn will put them on an equal stage as foreign competition.

Laurentino Dias spoke during

Timor Athletes may miss Lisbon Games due to lack of funds



The head of East Timor's Olympic Committee warned this week that the country's athletes might miss the second Lusophone Games planned for the Portuguese capital next month because of a lack of funds.

João Carrascalão, contacted by telephone in Dili, told Lusa it was "unacceptable and incomprehensible" that Dili was not financing the nation's 105-strong team of athletes and that the Olympic Committee was awaiting word from Lisbon on possible financial aid.

"If help does not arrive by July 4 or 5 we will not be present at the games in Portugal", Carrascalão said.

Twelve countries and territories are scheduled to take part in

the second Lusophone Games set for July 11-19 in Lisbon that will include nine sports.

The first edition of the games was held in Macao in 2006.

The competing nations include eight members of the Community of Portuguese Language Countries (CPLP).

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